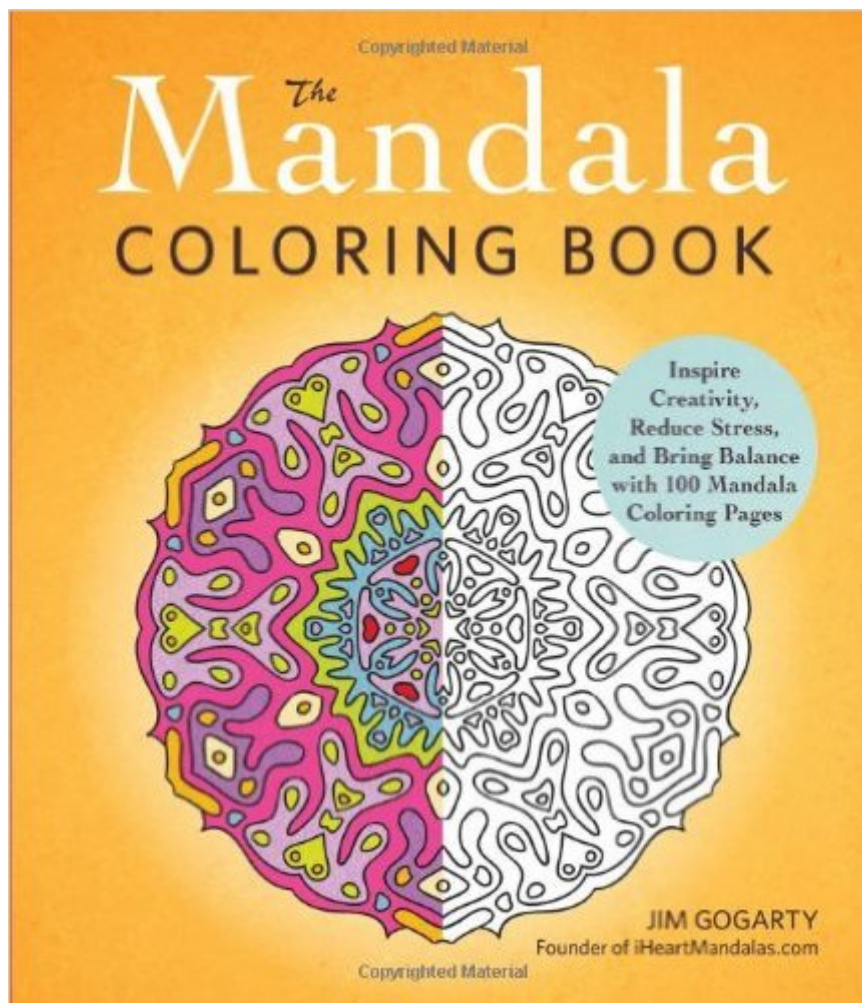


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# The Mandala Coloring Book: Inspire Creativity, Reduce Stress, And Bring Balance With 100 Mandala Coloring Pages



## Synopsis

Free your mind with these enlightening mandala designs! For centuries, mandalas have provided an elevated level of guidance to those seeking peace, inspiration, and a deeper connection to the world around them. Now, with *The Mandala Coloring Book*, you can use these sacred circles to help you find tranquility and balance in your life. Featuring 100 customizable mandala drawings, this book encourages you to use your imagination to create vibrant patterns that reveal your hidden creative potential and bring you closer to your true self. Each intricate design will draw your eye inward, shifting your focus toward your center and allowing you to fully relax your mind as you express yourself through these beautifully complex illustrations. Complete with expert instruction and helpful design tips, *The Mandala Coloring Book* will help you find your inner calm and creativity every day.

## Book Information

Paperback: 208 pages

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Product Dimensions: 0.5 x 6 x 9.2 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars Â See all reviews Â (266 customer reviews)

Best Sellers Rank: #17,778 in Books (See Top 100 in Books) #29 in Â Books > Self-Help > Art Therapy & Relaxation #103 in Â Books > Self-Help > Creativity #162 in Â Books > Health, Fitness & Dieting > Alternative Medicine > Meditation

## Customer Reviews

Love it~~

I bought this coloring book and a set of Crayola markers in the middle of a panic attack during a layover at the airport. Even after taking a prescription medication for anxiety, I was concerned that I might pass out because "there wasn't enough air." When I opened the book, I was able to settle into the moment, become centered, and be calm. I boarded my flight without incident, and though I was still anxious, coloring for three hours got me through it. Some of these mandalas are funky and fun, and others are more traditional. The paper has a nice thickness and good texture. I would definitely buy again, even without the panic attack.

Back in December I started 'coloring' for symptom relief. I have purchased approximately 10-15 different books from a many different sources. After getting this book I never want to go back to any others. It is by far the best, most relaxing, and creative. The book is simple enough to be relaxing and enjoyable but not too simple - causing me to be bored and not engaged. I really hope this author does another book soon since I am almost halfway through! I may just buy another copy since there are infinite possibilities with color and final product.

This is a great Mandala coloring book. There's only about 3 pages of text in the whole thing and the other 200+ pages are designs to color. These are obviously hand drawn designs but I think that makes it easier to mark up the book - it's not like writing in a book, it's just coloring in a coloring book. One of the best things about the designs is that they're printed only on one side of the page, so you don't have to worry about messing up a design on the back if one turns out really well. Do put something under the page if you use markers, because they do run through the paper. I use a page from a catalog, which works well because it's a glossy finish. The designs vary in type, from some fairly intricate patterns to some that are obviously intended for kids with funny faces and things. I'm having a blast with this and it really does seem to take my mind off of my problems. I'm so proud when one turns out really well, lol. I'm using a set of BIC Mark-It Color Collection Ultra Fine Permanent Marker, Assorted, 36 Markers and Sharpie permanent markers, both of which I got here at [Amazon](#) and I highly recommend them. I have the 36 pack of the Bic markers, but many of the colors are too dark so if you buy specifically for this book, I recommend the set of 24. I also tried a variety of gel pens but found they took too long to dry and smeared too easily to be enjoyable. Crayons would work, too, and would be the easiest medium for kids to use.

My mother is in her later stages of Alzheimers. I have been trying to get her to work on some simple Art projects, with mixed results. She has never explored her creativity, so she is very reluctant to try painting, or anything "involved". I bought this book and a set of 48 markers, and she seems to enjoy what she is doing. I cut the images out individually and let her work on them. While filling in color does not make great art perhaps, the exercise has a calming affect on her, and she considers them to be beautiful.

I purchased this book for my five year old son as a gift. I am stunned with how he is able to put together amazing looking drawings with ease. He absolutely loves colouring them in. He is usually a

very, very active child but this book has had an incredible calming effect on him. Not only whilst he is colouring but also when he has finished. He is incredibly proud of the end results and I have to say I am bowled over with the completed pictures. It's become one of his new favourite pastimes and we as parents feel blessed with how colouring these beautiful mandalas has calmed his general behaviour! My wife and I have also become somewhat addicted to colouring and the effects that it is having on us.. so much so that we have bought two more copies so we can all colour at once! A truly beautiful book that will keep our family busy with 100 wonderful designs. I can't recommend this book enough!

This is a great way to ground yourself in the present moment and to stop worrying. Your mind gets occupied with this calmness and as problems cross your mind, you are in a better state to solve them.

I love this coloring book. I do it everyday and when I cannot sleep. This has been very helpful to me recovering from anoxic brain damage, (I went in for gallbladder surgery, arrested and ended up not knowing who I was). I was in a coma for several weeks. I plan to purchase another one.

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