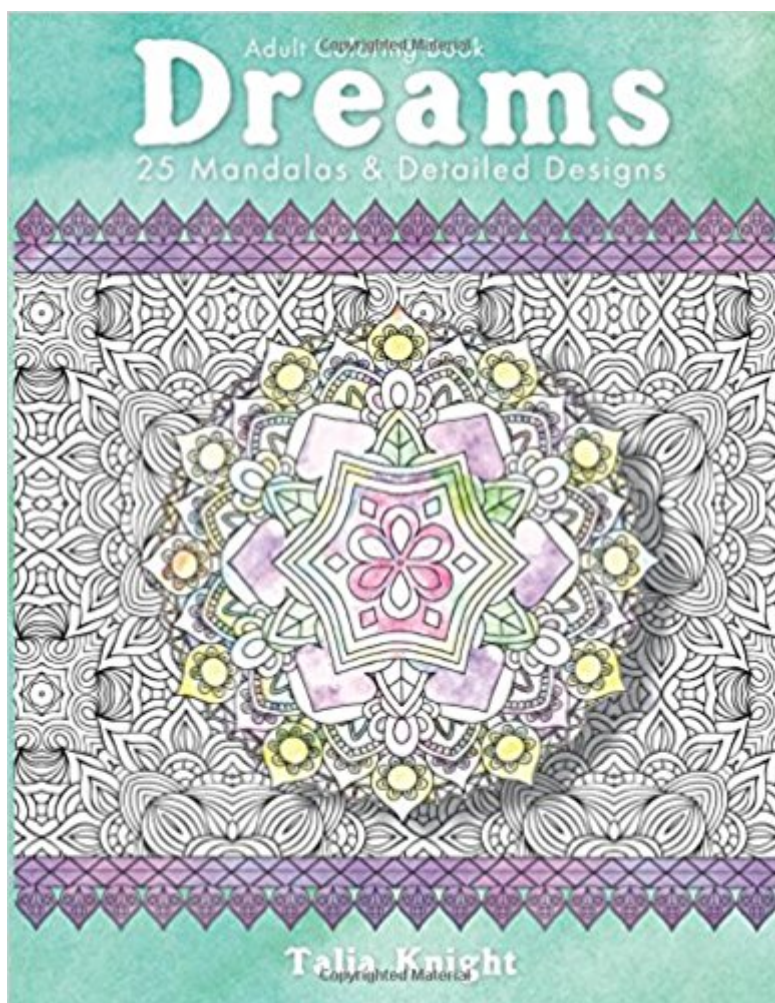


The book was found

# Adult Coloring Book: Dreams: 25 Mandalas And Detailed Designs



## Synopsis

Experience yoga for your mind with 25 unique, beautiful, and intricate mandalas and detailed coloring designs. Enhance your creativity and increase your tranquility as you mindfully color these mandalas and detailed coloring pages. A pattern for every mood - pick from a variety of difficulty levels, from simple to intricate and complex. Focus on the art of coloring with clean, crisp lines in every drawing on a bright, white background. No pixelation! Single-sided coloring pages - these one-sided adult coloring pages have one picture printed on each piece of paper. 2 types of designs - Each mandala is on a white background. The next page has a rectangular, detailed pattern. There are 13 mandalas and 12 detailed designs in this book. Get ready to relieve stress and get creative. When your mind is racing and your body overflows with stress, grab your favorite coloring medium and this book. Spend a few minutes adding color to these mandalas and detailed designs to color your way to peace and tranquility. Coloring when it's used as an active form of meditation can help you achieve mindfulness, experience flow, find greater balance and calm in your life, replace negative thoughts with positive, reduce anxiety, and de-stress. Coloring is yoga for the mind. How is coloring like yoga for the mind? How can coloring exercise and strengthen your mind? While at the same time lowering your stress and anxiety? The answer is both simple and complex. The simple answer is that the brain is an amazing thing. Like exercising any other part of the body, when we exercise the part of the brain that helps us relax and calm down, that part of the brain (the prefrontal cortex) gets stronger. The amazing thing is when we make our prefrontal cortex stronger, the fear and anxiety part of our brain (the amygdala) gets weaker. That's why mindful coloring can have so many great benefits for our bodies. This takes regular, daily time and effort, just like any other exercise. But at least this kind of exercise is fun! Who will like *Dreams: 25 Mandalas and Detailed Designs*? People who like: coloring books for grown-ups coloring books for teens coloring books for older kids coloring books for girls coloring books for boys (The flowing, geometric designs in many of the designs are equally appealing to both genders.) geometric coloring books complex coloring books stress relief coloring books advanced coloring books detailed coloring books mandala coloring books intricate coloring books If you want unique mandalas and detailed designs to color that you can't find anywhere else, then buy *Dreams: 25 Mandalas and Detailed Designs* today.

## Book Information

Paperback: 54 pages

Publisher: CreateSpace Independent Publishing Platform (July 17, 2017)

Language: English

ISBN-10: 197372376X

ISBN-13: 978-1973723769

Product Dimensions: 8.5 x 0.1 x 11 inches

Shipping Weight: 6.9 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #116,364 in Books (See Top 100 in Books) #80 in Books > Arts &

Photography > Drawing > Coloring Books for Grown-Ups > Mandalas & Patterns #785

in Books > Health, Fitness & Dieting > Alternative Medicine > Meditation #2464 in Books >

Crafts, Hobbies & Home > Crafts & Hobbies

## Customer Reviews

Talia Knight is the pen name of the author/artist. She loves creating beautiful things, so she's had a delightful time creating coloring books for other people to enjoy. Talia considers herself the luckiest person in the world because she has the privilege of helping to care for her handicapped sister while living in the great state of Texas. When she's not spending time with her sister or playing with her many nieces and nephews, she's usually doing something with books. Creating, writing, editing, selling •you name it, she's probably done it.

I love the variety of mandalas. They range from simple to complex, with the most complex being the full page designs. I have found enough variety to keep me and my kids busy for hours with these coloring books!

[Download to continue reading...](#)

#Mandalas Coloring Book: #Mandalas is Coloring Book No.6 in the Adult Coloring Book # Series Celebrating Mandalas (Coloring Books, Stress Relief, ... Series of Adult Coloring Books) (Volume 6) Mandala Coloring book: Mandalas. Easy coloring: Simple mandala coloring book, Adult mandala coloring Books, Mandala coloring, Adult Coloring Book: ... coloring books for Adults) (Volume 2) Adult Coloring Book: Dreams: 25 Mandalas and Detailed Designs 3-Word Stories Coloring Book (Three Word Story Adult Coloring Book): The Adult Coloring Book of Colorist-Created 3-Word Stories (Adult Coloring, ... Adult Coloring Book Series) (Volume 1) Animals Coloring Book ( black edition ): 50 designs on black paper. Stress Relief Coloring Book : Mandalas, Flowers, Animals. Coloring Book For Adult (Hilarious Coloring Book for Fun) Adult Coloring Books: Mindfulness Mandalas: A mandala coloring book for adult relaxation featuring stress relieving coloring pages for

adults including henna flowers geometric & animal designs Magical Unicorns and Fairies: Adult Coloring Book: Unicorn Coloring Book, Fairy Coloring Book, Fantasy Coloring Book, Fairies Coloring Book, Adult Coloring Book Adult Coloring Book Designs: Stress Relief Coloring Book: Garden Designs, Mandalas, Animals, and Paisley Patterns Adult Coloring book Designs: Stress relief coloring: Garden Designs, Mandalas, Animals, and Paisley Patterns #Love #Coloring Book: #Love is Coloring Book #1 in the Adult Coloring Book Series Celebrating Love and Friendship (Coloring Books, Coloring Pencils) ... Series of Adult Coloring Books) (Volume 1) Mindful Mandalas: A Mandala Coloring Book: A Unique & Uplifting Mandalas Adult Coloring Book For Men Women Teens Children & Seniors Featuring ... Relaxation Stress Relief & Art Color Therapy) Antique Hunting: Adult Coloring Books for Men in all Departments; Adult Coloring Books in Books; Adult Coloriing Books Travel in all D; Adult Coloring ... for Men in all D; Coloring Books Travel in al Black Background Animals, Mandalas, Quotes, Flowers, Patterns & Designs Adult Coloring Book (Beautiful Adult Coloring Books) (Volume 48) Large Print Simple and Easy Mandalas: Simple, Easy, and Relaxing Large Print Mandalas Adult Coloring Book (Coloring books for grownups) (Volume 60) Dreams: Find Out All About Your Dreams For Greater Happiness And Success: Dreams & 9 Free Books (Dreaming, Dreams, Interpreting Dreams, Dream Meanings) Mandala Coloring Book: 100 IMRESSIVE MANDALAS Adult Coloring Book ( Vol. 1): Stress Relieving Patterns for Adult Relaxation, Meditation (Mandala Coloring Book for Adults) (Volume 1) Hand-Drawn Mandalas Coloring Book, Volume Two: An Adult Coloring Book for Stress-Relief, Relaxation, Meditation and Creativity (Jenean Morrison Adult Coloring Books) Adult Coloring Book Palooza: 50 Original Adult Coloring Assorted Designs (Adult Coloring Books) (Volume 3) Hippo Coloring Book: An Adult Coloring Book of 40 Adult Coloring Pages with Relaxing Hippopotamus Designs (Animal Coloring Books for Adults) (Volume 34) Swear Coloring ( NIGHT EDITION ) Shut up Asshole: Swear Word Coloring Book. Adult Coloring Books: 40 Sweary Designs on Bleck paper ( Relaxing coloring book with Sweary coloring book for Fun )

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)