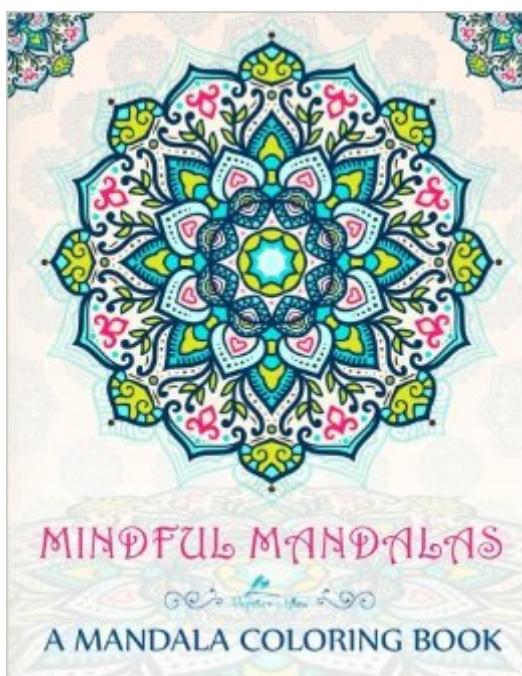


The book was found

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)



Synopsis

Regularly \$10.99 On Sale For A Limited Time! "Breathing in, I calm body and mind. Breathing out, I smile. Dwelling in the present moment I know this is the only moment." • Thich Nhat Hanh, *Being Peace* Experience Mindful Meditation as you Color these Calming Mandala Designs & Patterns 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 *Mindful Mandalas* Coloring Book, use these peaceful patterns to help you find tranquility and balance in your life. Featuring 37 mandala drawings for colorists for contemplation and introspection, this coloring book for adults 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. The *Mindful Mandalas* Adult Coloring Book for Grownups will help you find your inner calm and creativity every day. Happy Coloring! Included in this Book: 37 Unique Full Page Intermediate to Master Colorist Mandala Drawings for Contemplation, Inspiration, and Introspection Printed Single Sided on Bright White Paper 8.5x11"

Book Information

Series: Unique Cute & Funny Gift Series: Creative Adult Coloring Books For Men Women Teens Children & Seniors With Animals (Dolphins Elephants Turtles Giraffes) Fantasy (Fairies Unicorns Mermaids) & Various (Victorian Bible Vintage Fashion Food Faces Yoga) For Relaxation Stress Relief & Art Color Therapy

Paperback: 82 pages

Publisher: CreateSpace Independent Publishing Platform (May 12, 2016)

Language: English

ISBN-10: 1530608759

ISBN-13: 978-1530608751

Product Dimensions: 8.5 x 0.2 x 11 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars (See all reviews) (83 customer reviews)

Best Sellers Rank: #15,980 in Books (See Top 100 in Books) #4 in Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Fashion #13 in Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Mandalas & Patterns #14 in Books > Arts &

Customer Reviews

With this book, I had a hard time deciding which pictures to color for my review. I have so many pages tagged, yet to be colored. As well as any other book that I've received from Papeterie Blue, this book did not disappoint, in design or statement. They have their finger on the pulse of the generation. I guess we would be the majority of this adult coloring phenomenon, generation X. I am proud to say that I am a gen X-er and proud to be part of this group of artists, whom color, draw, paint, etc. We are a talented group. And with that, please feel free to use ANY of the mediums, mentioned above. I have used markers, gels, pencils and watercolor pencils in the books, from Papeterie Bleu. I recommend a bleed page (always) with all mediums. Just a safety measure for the design behind it. This is because all books are single paged. The weight of the paper is good and does help the colors pop off the page and retain the colors you choose. A small draw back, easily solved, is that the pages are not perforated for removal from the book. But even with this small draw back, I would quickly and happily refer anyone to Papeterie Bleu coloring books. You get a range of meditative and humorous with some of their books. And meditative, stress free with some of their others. So, if you are looking for a witty book, a relaxing book or a book that has both elements... I recommend any of the books from Papeterie Bleu. **I received this book as part of a preferred reviewer program, for testing and a possible, unbiased review**

I enjoy all of the Papeterie Bleu mandala books and this one is so uplifting. I find myself reading through it for the positive and relaxing coloring at the end of the day. Each page is unique and great quality with a positive quote to go along with it.

I bought this coloring book as a gift for my son's teacher, and I have another coloring book from this same company that I bought for myself and I really love it. It is great bonding time with my kids when I can sit and color with them. When I gave this to my son's teacher she was excited because she's going on a road trip soon and this book will be great for something to do in the car.

Perfect! One thing I will say about this book is that the pages are pretty thin, so don't use markers because it looks like it will bleed through to the other side. Just plan on using colored pencils with this book, and everything will work out great. You can see the next page through each page slightly. Once you color it, though, you don't notice. If you're purchasing this as a gift, you should get a pack of colored pencils to go with it, that would be a perfect gift bundle. I didn't do that, but now that I am

thinking about it, I really should have! Oh well. :)The pages in this book are really great, each page has a mandala to color, and an inspirational message underneath. I really like all the quotes in it, they are cute and happy. If you want to feel happy while coloring, get this book.I received this product at a discount or free in exchange for my honest and unbiased review. My rating is based on my experience with the product. I never promise a positive review in exchange for a product/discount. I hoped I helped you make a decision about this product and thank you for reading!

Length: 3:16 Mins

I love this coloring book so much! It has bright white pages which are thicker than normal paper so you don't have to worry too much about colors bleeding through, though I would definitely still recommend putting a page between where you're coloring and the next page if you're using markers, just in case. Pencils will certainly not make marks between the pages though.The mandalas are so cute and fun. I have never colored one before, so it took me a little while to figure out how to color them in. I tend to color them in a circle with every small part being the same color as the others of its kind. I just love the symmetry and how the colors looks all around the designs.My favorite thing about this book, though, is that there are sweet inspirational sayings the bottom of each coloring page. I didn't know these would be there and I love it! They make me feel so much less stressed and I can search out a saying that speaks to me at any given time about whatever I'm feeling and just let it relax me and sink in. I think this book would be great for a new parent, a friend going through hard times, a teacher, really anyone who could use some encouragement. It's just lovely!I received this coloring book at no cost in order to test it and leave my honest and unbiased review of it here.

I love my new Adult coloring book Mindful Mandalas. I really enjoy the fact that not only can I color a beautiful mandala it also has a really nice saying under each picture. The statement really helps to motivate you. The pictures are really well drawn and nice and crystal clear. Each page is single siding with one mandala drawing and a saying underneath each picture. The book is paperback which I enjoy more than the hard covered coloring books because it's much easier to get inside the book to actually color the pictures. You can either color inside this book or remove it gently. I recommend using different mediums, colored pencils, crayons, gel pens, markers, etc. If you use markers I would recommend putting a slip of paper between the next pages so that you do not have

any bleed onto the other pages in the book. I really enjoy this book, itâ™s really cute and for adults! I always loved coloring as a child and a teenager and I am really glad that I can also color as an adult. I bought this book to use as a present but I think I might just have to keep it for myself. I have added a few pictures so you can see what the insides look like. I received this product at a discount for my honest and unbiased review.

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Seniors With Large ... Faith, Relaxation & Stress Relief) Sugar Skulls at Midnight Adult Coloring Book : Volume 2 Animals & Aliens: A Unique Midnight Edition Black Background Paper Adult Coloring Book For Men ... Relaxation Stress Relief & Art Color Therapy) Dad Life: A Manly Adult Colouring Book: A Unique Funny Adult Colouring Book For Men Fathers & Dads With Mindfulness Mandalas, Easy Stress Relieving ... Stress Relief & Art Colour Therapy) Verses For Men: Inspired To Grace: Christian Coloring Books: Day & Night: A Unique & Uplifting White & Black Background Paper Bible Verse Adult ... Spiritual Prayer, Relaxation & Stress Relief) Teacher Life: A Snarky Chalkboard Coloring Book: A Unique Black Background Paper Adult Coloring Book For Teachers With Stress Relieving Patterns, ... Relaxation Stress Relief & Art Color Therapy) Color The Psalms: Catholic Coloring Devotional: A Unique White & Black Background Paper Catholic Bible Adult Coloring Book For Women Men Children & ... Faith, Relaxation & Stress Relief) (Volume 1) Color The Epistles: Catholic Coloring Devotional: A Unique White & Black Background Paper Catholic Bible Adult Coloring Book For Women Men Children & ... Faith, Relaxation & Stress Relief) (Volume 4) Mandala Adult Coloring Book Stress Relieving Patterns Relaxation: coloring book for Adult and grown ups,Anti-Stress Art Therapy,Stress Relieving Flower Patterns

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