



**Divine Flowers Mandala Coloring Book: Adult
Coloring Book with 108 Flower Mandalas
Designed to Relieve Stress, Anxiety and Tension
[Art Therapy Coloring Book Series, Volume Two]**

The Mindful Word

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The Mindful Word

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The mandala is an established tool for transformation, having been used throughout various spiritual traditions over the centuries. Though it was traditionally used as an aid for meditation and contemplation, it has more recently been employed as a therapeutic tool, particularly in art therapy. Research has found it can be effective at relieving stress, anxiety and tension, as well as providing various other benefits.

Divine Flowers Mandala Coloring Book is the second volume in The Mindful Word's Art Therapy Coloring Book Series. This book provides 108 floral mandalas for you to color—printed only on one side of the page to reduce bleed-through (32 pages of intricate full-page mandala designs and 18 pages with multiple mandalas printed on them). In addition to having 108 mandalas, the book also has also been designed to have 108 pages to coincide with the sacred spiritual number of 108. The book also contains an introduction to art therapy, written by an art therapist, as well as some info on what mandalas are, their benefits and how to use them.

Ten percent of the proceeds from the sale of this book goes towards enabling youth in developing countries to access better educational opportunities. This money is being donated to Build to Learn, an initiative started by The Mindful Word.

This book features:

- 108 floral mandalas to color
- Mandalas printed one to a page to reduce bleed-through
- Introduction to art therapy, written by an art therapist, as well as info on what mandalas are, what their benefits are and how to use them
- 8.5 x 8.5 inches (large-format / square)
- 60 pound (90 gsm) white-colored paper
- Perfect bound matte cover on 10 pt stock

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Christopher Clarke:

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John Beaulieu:

Reading can called head hangout, why? Because when you find yourself reading a book specially book entitled Divine Flowers Mandala Coloring Book: Adult Coloring Book with 108 Flower Mandalas Designed to Relieve Stress, Anxiety and Tension [Art Therapy Coloring Book Series, Volume Two] your mind will drift away trough every dimension, wandering in each and every aspect that maybe unfamiliar for but surely will end up your mind friends. Imaging just about every word written in a guide then become one type conclusion and explanation in which maybe you never get before. The Divine Flowers Mandala Coloring Book: Adult Coloring Book with 108 Flower Mandalas Designed to Relieve Stress, Anxiety and Tension [Art Therapy Coloring Book Series, Volume Two] giving you a different experience more than blown away the mind but also giving you useful information for your better life on this era. So now let us explain to you the relaxing pattern the following is your body and mind are going to be pleased when you are finished reading it, like winning a. Do you want to try this extraordinary paying spare time activity?

Wanda Leopard:

Do you one of the book lovers? If yes, do you ever feeling doubt if you find yourself in the book store? Try to pick one book that you never know the inside because don't determine book by its cover may doesn't work is difficult job because you are afraid that the inside maybe not while fantastic as in the outside search likes. Maybe you answer might be Divine Flowers Mandala Coloring Book: Adult Coloring Book with 108 Flower Mandalas Designed to Relieve Stress, Anxiety and Tension [Art Therapy Coloring Book Series, Volume Two] why because the excellent cover that make you consider with regards to the content will not disappoint anyone. The inside or content is actually fantastic as the outside or even cover. Your reading sixth sense will directly guide you to pick up this book.

Kevin Kennard:

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