



Peace: 50 Unique Mandalas for Mindful Meditation (An Intricate Adult Coloring Book, Volume 3)

Talia Knight

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- **Experience yoga for your mind** with 50 unique, beautiful, and intricate mandala coloring designs.
- **Enhance your creativity and increase your peace** as you mindfully color these mandala coloring pages.
- **A mandala for every mood** - pick from a variety of difficulty levels, from medium to intricate and complex.
- **Focus on the art of coloring** with clean, crisp lines in every drawing on a bright, white background. No pixelation!
- **Bonus - get a FREE, downloadable PDF** of all 50 mandalas. These high-quality, free printable coloring pages allow you the ultimate control over your paper quality.
- **Single-sided coloring pages** - these one-sided adult coloring pages have one picture printed on each piece of paper.
- **Easy to use** - the inside margin of this adult coloring book is large enough to allow you to easily finish coloring the mandala. You can cut out your masterpiece if you don't want to use the free printable coloring pages from the downloadable PDF.

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 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 *Peace: 50 Mandalas for Mindful Meditation*? 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 mandalas 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 to color that you can't find anywhere else, then buy *Peace: 50 Mandalas for Mindful Meditation* today.

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From reader reviews:

Mark Ames:

As people who live in the particular modest era should be revise about what going on or data even knowledge to make these keep up with the era and that is always change and advance. Some of you maybe can update themselves by reading books. It is a good choice to suit your needs but the problems coming to you is you don't know which one you should start with. This Peace: 50 Unique Mandalas for Mindful Meditation (An Intricate Adult Coloring Book, Volume 3) is our recommendation to help you keep up with the world. Why, because book serves what you want and wish in this era.

Brenda Nunez:

In this time globalization it is important to someone to obtain information. The information will make you to definitely understand the condition of the world. The health of the world makes the information quicker to share. You can find a lot of referrals to get information example: internet, paper, book, and soon. You can observe that now, a lot of publisher that print many kinds of book. Often the book that recommended to you personally is Peace: 50 Unique Mandalas for Mindful Meditation (An Intricate Adult Coloring Book, Volume 3) this publication consist a lot of the information on the condition of this world now. This specific book was represented how does the world has grown up. The terminology styles that writer make usage of to explain it is easy to understand. The actual writer made some study when he makes this book. This is why this book ideal all of you.

Paul England:

This Peace: 50 Unique Mandalas for Mindful Meditation (An Intricate Adult Coloring Book, Volume 3) is completely new way for you who has curiosity to look for some information given it relief your hunger associated with. Getting deeper you into it getting knowledge more you know or you who still having tiny amount of digest in reading this Peace: 50 Unique Mandalas for Mindful Meditation (An Intricate Adult Coloring Book, Volume 3) can be the light food in your case because the information inside that book is easy to get by means of anyone. These books develop itself in the form and that is reachable by anyone, yep I mean in the e-book form. People who think that in guide form make them feel sleepy even dizzy this reserve is the answer. So you cannot find any in reading a reserve especially this one. You can find actually looking for. It should be here for an individual. So , don't miss the item! Just read this e-book kind for your better life and also knowledge.

Harold Young:

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