



Adult Coloring Book: Color Yourself to Mindfulness: 100 Mandalas and Motifs to Color in to Reduce Stress

By Melissa Launay

Ryland, Peters & Small Ltd. Hardback. Book Condition: new. BRAND NEW, Adult Coloring Book: Color Yourself to Mindfulness: 100 Mandalas and Motifs to Color in to Reduce Stress, Melissa Launay, Color your way to inner calm with this anti-stress adult coloring book of exquisite mandalas and motifs, originally designed by artist Melissa Launay. The act of being mindful is being aware of the present moment, and coloring can help you to achieve this. Coloring is a form of art therapy: you can use it as a meditative process in which you become intently aware of colors, designs, and motifs. You are living in the moment and the concentration and repetitive nature of the simple art of coloring takes over as you gradually relax and become oblivious to the stresses and strains of everyday living. Mandalas, symbols of the cosmos, have for hundreds of years inspired those who gaze upon them. Color Yourself to Mindfulness will give you inner calm and peace as you connect to the shapes and symbols that create these powerful images. Here we present 100 original designs of mandalas for Awareness, Forgiveness, Wisdom, Abundance, Creativity, and Karma, among many other themes.



READ ONLINE
[5.63 MB]

Reviews

I actually started reading this article ebook. I have got read and so i am certain that i will going to study once more yet again in the future. I am just very happy to inform you that this is the finest publication we have read in my personal lifestyle and may be he finest ebook for ever.

-- Mrs. Clotilde Hansen II

This composed publication is fantastic. I was able to comprehended everything using this composed e book. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Miss Ova Kuhn IV

You May Also Like



Adult Coloring Book Birds: Advanced Realistic Bird Coloring Book for Adults (Paperback)

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.Take your coloring to the next level with this Advanced Adult Coloring Book of Birds! Get more...



Adult Coloring Books Reptiles: A Realistic Adult Coloring Book of Lizards, Snakes and Other Reptiles (Paperback)

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.Take your coloring to the next level with this Advanced Adult Coloring Book of Reptiles! Get more...



Nautical Coloring Book: An Advanced Adult Coloring Book of Nautical, Maritime and Seaside Scenes (Paperback)

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.Take your coloring to the next level with this Advanced Adult Coloring Book! Get more realistic coloring...



Do Monsters Wear Undies Coloring Book: A Rhyming Children s Coloring Book (Paperback)

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. Mark Smith (illustrator). 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.A #1 Best Selling Children s Book Is Now A Coloring Book! Parents and...



I Am Reading: Nurturing Young Children s Meaning Making and Joyful Engagement with Any Book (Paperback)

Heinemann Educational Books, United States, 2015. Paperback. Book Condition: New. 234 x 185 mm. Language: English . Brand New Book. It s vital that we support young children s reading in ways that nurture healthy reading identities, that foster an attraction to...



TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (2-4 years old) in small classes (3)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the Youth Pre-employment Training software download generated pictures...