



Mandala Coloring Book, Volume 2: Adult Coloring Book: Stress Relieving Patterns

By Rabbit in a Snowstorm

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.Relieve your stress in a fun and positive way! ??? Be a child at heart! ??? Have your stress, anxiety, and fear disappear with our Mandala Coloring Book! Mandala means circle in sanskrit. Enjoy over 50 Mandala patterns that is a surefire way to have fun with your friends or family. Prescribed by Psychiatrists for over 100 years! Adult coloring books are prescribed by Psychiatrists to help them deal with their stress, anxiety and fear. Famed psychologist Carl Jung specifically recommended Mandala Coloring Books to his patients! Coloring Reduces Stress and Anxiety Coloring has an effect that relaxes the fear center of your brain. Therefore relaxing you mentally and physically. But wait, there s more! Helps you stay in the present - Coloring helps you focus what s in front of you Express yourself - Color however you want and no one is going to judge you for going over the line. Scroll to the top and select the BUY button to download NOW! 60 Day Money Back Guarantee: If this coloring book doesn t...



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