



Soulfulology Adult Coloring Book III: Beautiful Stress Relieving Whimsical Mandala Zentangle Patterns

By Soulfulology

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Adult Coloring Book: Whimsical Zentangle Mandala Stress Relieving Calming Patterns: A Soulfulology Series Stress-reducing, calming, relaxing, peaceful and beautiful Mandala and whimsical Zentangle coloring patterns are just what the doctor ordered! Adult colorists love these fun and calming patterns, designed to bring joy, peace, and a meditative-like quality to your coloring. In this book, you ll discover: - 50 delightfully detailed Mandala Zentangle patterns to reduce your built-up stress - Designs suitable for adults and older children ranging in complexity from beginner to expert-level - Provides hours and hours of stress relief, creative expression, mindful calm, and fun - A special section discussing the art of Mandalas, improving your coloring results, and inspirational quotes - Join millions of adults all over the world who are rediscovering the joys and stress relieving benefits of COLORING! Work, kids, family, friends, technology, and life - we are all facing more responsibility and less time to relax in our lives. This is the perfect way to change that, take time for yourself, and relax -- whether you have time...



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Reviews

It in one of the most popular publication. It really is writer in easy words and not difficult to understand. You are going to like how the author write this book.

-- Prof. Evans Balistreri DDS

Completely essential go through book. This is for all who statte there had not been a worthy of reading through. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Lydia Legros