



Calm Colouring: Mandalas: 100 Creative Designs to Colour in

By Southwater

Anness Publishing. Paperback. Book Condition: new. BRAND NEW, Calm Colouring: Mandalas: 100 Creative Designs to Colour in, Southwater, Relax and unwind with this stress-relieving colouring book of mandalas. The art of colouring is a form of meditation, focusing the mind and stilling the endless mental chatter that saps our energy and causes stress and negative feelings. As you start to colour in these beautiful mandalas you will unleash your inner creativity and find yourself gradually moving to a more peaceful and calming state of mind. You can colour in as little or as much as you like, taking your time to develop your picture the way you want it. There are no hard or fast rules, you are truly free to create your own unique designs using pencils, pens or paints. Start colouring today and enjoy the still, quiet voice of calm this simple meditative practice will bring.



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Reviews

This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Ally Reichel**

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You wont feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

-- **Prof. Kirk Cruickshank DDS**