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## Adult Coloring Book: Stress Relieving Mandala Designs (Paperback)

By Sylvie Nicolle

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Mandala is a Sanskrit word which means a circle, a universe, environment or community. For centuries, in many cultures, the Mandala is used as a tool to facilitate meditation. Mandalas are circular designs that reflect the wholeness of the person coloring them. This book includes 45 designs of various styles and levels of difficulty, ranging from least complex to most complex. One-sided pages; only one picture printed on each sheet. Coloring a mandala helps us orient ourselves, integrate new information about ourselves, and re-formulate our identity.



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