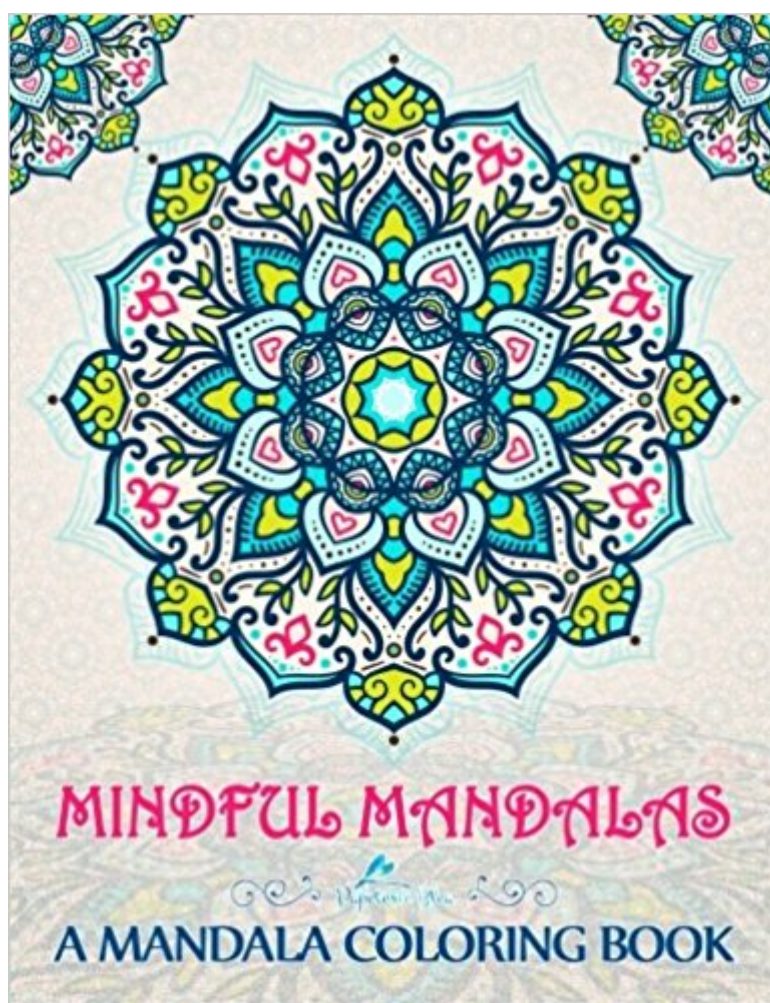


The book was found

Mindful Mandalas: A Mandala Coloring Book: A Unique & Uplifting Mandalas Adult Coloring Book For Men Women Teens Children & Seniors Featuring ... Relaxation Stress Relief & Art Color Therapy)





Synopsis

â œBreathing in, I calm body and mind. Breathing out, I smile. Dwelling in the present moment I know this is the only moment.â • ---Thich Nhat Hanh, *Being Peace*

Experience mindful meditation as you color these calming mandala designs & patterns. For centuries, mandalas have provided an elevated level of guidance to those seeking peace, inspiration, and a deeper connection to the world around them. Now, with the *Mindful Mandalas Coloring Book*, use these peaceful patterns to help you find tranquility and balance in your life. Featuring 37 mandala drawings for colorists for contemplation and introspection, this coloring book for adults encourages you to use your imagination to create vibrant patterns that reveal your hidden creative potential and bring you closer to your true self. Each intricate design will draw your eye inward, shifting your focus toward your center and allowing you to fully relax your mind as you express yourself through these beautifully complex illustrations. The *Mindful Mandalas Adult Coloring Book for Grownups* will help you find your inner calm and creativity every day. Happy Coloring!

Product Details: Printed single-sided on bright white paper Premium matte cover finish Soothing seamless patterns on reverse pages Perfect for all coloring mediums High quality 60 pound paper stock Large format 8.5" wide x 11.0" tall pages

The Papeterie Bleu collection includes: Mom Life: A Snarky Adult Coloring Book - ISBN 1533270775 Nurse Life: A Snarky Adult Coloring Book - ISBN 1533081964 Teacher Life: A Snarky Adult Coloring Book - ISBN 1533134065 Dad Life: A Manly Adult Coloring Book - ISBN 153331568X Mindful Mandalas: A Mandala Coloring Book - ISBN 1530608759 Southern Sayings & Sass: A Chalkboard Coloring Book - ISBN 1533320578 Scribbles & Doodles: A Coloring Journal - ISBN 1945888237 Wonderland at Midnight: A Fantasy Adult Coloring Book - ISBN 1533528500

Book Information

Series: Unique Cute & Funny Gift Series: Creative Adult Coloring Books For Men Women Teens Children & Seniors With Animals (Dolphins Elephants Turtles Giraffes) Fantasy (Fairies Unicorns Mermaids) & Various (Victorian Bible Vintage Fashion Food Faces Yoga) For Relaxation Stress Relief & Art Color Therapy

Paperback: 82 pages

Publisher: CreateSpace Independent Publishing Platform (May 12, 2016)

Language: English

ISBN-10: 1530608759

ISBN-13: 978-1530608751

Product Dimensions: 8.5 x 0.2 x 11 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 132 customer reviews

Best Sellers Rank: #53,734 in Books (See Top 100 in Books) #18 in Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Fashion #37 in Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Mandalas & Patterns #50 in Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Religious & Inspirational

Customer Reviews

I honestly can't say enough good things about this book. I love that it combines mandalas (my favorite thing to color) and thoughtful quotes (another favorite of mine). Papeterie Bleu really knows what they are doing especially when it comes to mandalas!! Highly recommend. I received this book at a discount for an honest review.

I am really enjoying this coloring book! The illustrations are well done and fun to color . Each page has a quote on it to just kind of think about, but they're not heavy or over the top. The paper is a nice weight, and is black on the reverse side so that ink won't bleed through. My only complaint would be that the pages aren't perforated, so you have to leave the pages in the book, which can hinder coloring areas near the spine of the book. I'm looking forward to purchasing other books from this publisher, as I am really enjoying this one!

I read all the positive reviews regarding this book and purchased it. I don't know if the manufacturer decided to change the grade of paper being used since the other reviews but the paper in the book I received is neither bright white nor 60 lbs grade paper. I am VERY disappointed with this purchase. Even using Prismacolor pencils, I can see the grain of the paper behind the color...forget trying to get full coverage! Will never buy another book from Papeterie Bleu if they are all made with low-grade paper like this one!

I bought this coloring book because I enjoy looking at patterns and this book doesn't disappoint, the beautiful mandalas are extremely addictive to color and the patterns are not simplistic or "silly" like some other books out there. Worth the buy

I enjoy all of the Papeterie Bleu mandala books and this one is so uplifting. I find myself reading through it for the positive and relaxing coloring at the end of the day. Each page is unique and great

quality with a positive quote to go along with it.

I've been wanting a good mandala coloring book. When I saw this particular one I liked the example shown on the cover, so decided to buy it. Can't wait to get started.

I got this book for myself because they each have sayings on each page. I enjoy the simplicity of the mandalas in this book and like that they can be done when short on time. Would recommend to others.

This is a great book! I just reordered as it is a genuine find!

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Mindful Mandalas: A Mandala Coloring Book: A Unique & Uplifting Mandalas Adult Coloring Book For Men Women Teens Children & Seniors Featuring ... Relaxation Stress Relief & Art Color Therapy) Mandala Coloring book: Mandalas. Easy coloring: Simple mandala coloring book, Adult mandala coloring Books, Mandala coloring, Adult Coloring Book: ... coloring books for Adults) (Volume 2) Day of the Dead: Skull Coloring book Unique White Paper Adult Coloring Book For Men Women & Teens With Day Of The Dead ... Relaxation Stress Relief & Art Color Therapy) #Mandalas Coloring Book: #Mandalas is Coloring Book No.6 in the Adult Coloring Book # Series Celebrating Mandalas (Coloring Books, Stress Relief, ... Series of Adult Coloring Books) (Volume 6) Mandala Coloring Book: 100 IMRESSIVE MANDALAS Adult Coloring Book (Vol. 1): Stress Relieving Patterns for Adult Relaxation, Meditation (Mandala Coloring Book for Adults) (Volume 1) Adult Coloring Books: Mindfulness Mandalas: A mandala coloring book for adult relaxation featuring stress relieving coloring pages for adults including henna flowers geometric & animal designs Mandala Coloring Book: 100+ Unique Mandala Designs and Stress Relieving Patterns for Adult Relaxation, Meditation, and Happiness (Magnificent Mandalas) (Volume 1) Mandala Coloring Book: 100 plus Flower and Snowflake Mandala Designs and Stress Relieving Patterns for Adult Relaxation, Meditation, and Happiness (Mandala Coloring Book for adults) Mandalas For Meditation: A Mandala Coloring Book (Mindfulness Coloring Books for Grown-Ups for Relaxation, Stress Relief & Art Therapy) Adult Coloring Books: Mandala for a stress relieving experience (mandalas, stress relief, reduce stress, coloring books, relax) The Adult Coloring Book for Relaxation Featuring Purses, Bags and Totes: An Anti-Stress Coloring Book for Grownups with Women?s Fashion Accessories, ... Stress Reducing, and Anxiety Relief) The Adult Coloring Book for Coffee Lovers: A Meditation and Stress Relief Coloring Book for Grown-Ups (Humorous

Antistress Coloring Pages and Zentangle Designs for Relaxation and Stress Relief) Hand-Drawn Mandalas Coloring Book, Volume Two: An Adult Coloring Book for Stress-Relief, Relaxation, Meditation and Creativity (Jenean Morrison Adult Coloring Books) Mandalas: A Mindful Colouring Book (Adult Coloring Books for Relaxation & Stress Relief) Wolf Coloring Book for Adults: Complex Designs For Relaxation and Stress Relief; Detailed Adult Coloring Book With Zendoodle Wolves; Great For Men, Women, Teens, & Older Kids Sit the Fuck Down and Color: 40 Unique Sweary Designs To Color ! Swear word coloring book. Stress relief coloring book (Coloring Books For Adults Relaxation) Adult Coloring Books: Animal Mandala Designs and Stress Relieving Patterns for Anger Release, Adult Relaxation, and Zen (Mandala Animals) (Volume 2) Adult Coloring Books: Animal Mandala Designs and Stress Relieving Patterns for Anger Release, Adult Relaxation, and Zen (Mandala Animals) (Volume 1) The Gift of Motherhood: Adult Coloring book for new moms & expecting parents ... Helps with stress relief & relaxation through art therapy ... Unique ... remind mom the beauty and joy of motherhood Magical Swear Word. Adult Coloring Books: Relaxation and Stress reduction: 30 Stress Relieving Magical Sweary Designs : flowers, mandalas, patterns. ... Anxiety and Stress (Swear Word Coloring Book)

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