



Coloring Mandalas for Dummies

By Consumer Dummies

Paperback. Book Condition: New. Not Signed; Bring life and creativity to 100+ customizable mandala drawings Whether you're new to the adult coloring craze or have already discovered the zen it brings to your life, *Coloring Mandalas For Dummies* encourages harried adults of any age to decompress, create vibrant patterns, and find joy in engaging in this timeless activity. Complete with helpful design tips and more than 100 one-sided customizable mandala drawings that you can complete with your favorite art supplies or even your kid's crayons hours of stress-reducing fun await inside these pages! The word mandala comes from the ancient Sanskrit language and loosely means 'circle' or 'center.' Within its circular shape, the mandala has the power to promote relaxation, balance the body's energy, enhance creativity, and support healing. Unlike meditation and other practices that deliver similar results, coloring is easy, hands-on, instantly gratifying, and, most importantly, fun! * Detach yourself from everyday distractions * Find your inner calm and creativity * Complete more than 100 detailed mandala illustrations * Color with markers, watercolors, or colored pencils Who says coloring is for kids? Perfect for adults of any age who seek comfort and relaxation, *Coloring Mandalas For Dummies* is affordable,...



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