



Mandalas: Coloring Book for Grown Ups: Adult Coloring Book Featuring Mandala (Paperback)

By Jill Bonny

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Mandalas: Coloring Books For Grown Ups. Jill Bonny s Mandala Adult Coloring Book is a mindful delight, packed full of cool geometry and intricate patterns for your coloring delight. This isn t your average kiddie coloring book. These images are advanced and challenging with a few beginner/intermediate images peppered in for good measure. Mandala Coloring Book for Grown Ups Features: More than 117 pages, single sided so markers won t bleed onto your other work. Advanced and Challenging Adult Coloring Pages. De-stressing patterns and line functions. Utterly Empowering Adult Coloring Books and Coloring Books For Grown Ups are here to stay.here a just a few of the benefits: Boost Your Creativity Energize Your Mental Focus Flush Negativity Gain Vibrant and Bright Clarity Ben Michaelis, a psychologist, says, There is a long history of people coloring for mental health reasons. Carl Jung [founder of psychology] used to try to get his patients to color in mandalas at the turn of the last century, as a way of getting people to focus and allow the subconscious...



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