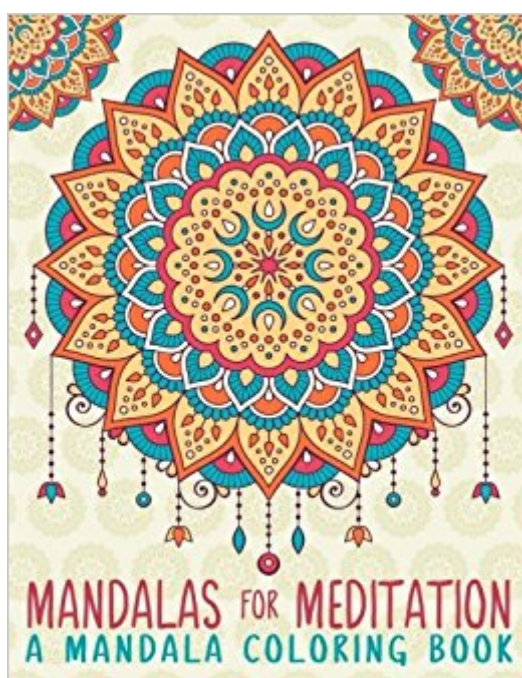


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# Mandalas For Meditation: A Mandala Coloring Book (Mindfulness Coloring Books For Grown-Ups For Relaxation, Stress Relief & Art Therapy)



## Synopsis

“Drink your tea slowly and reverently, as if it is the axis on which the world earth revolves  
— slowly, evenly, without rushing toward the future; live the actual moment. Only this moment is life.” —Thich Nhat Hanh

Experience mindful meditation as you color these 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. Use these peaceful patterns to help you find tranquility and balance in your life. Featuring 30 mandalas, each mandala presented on a bright white background, and also on a rich black background, 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. This adult coloring book 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: Mindfulness Coloring Books for Grown-Ups for Relaxation, Stress Relief & Art Therapy

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Product Dimensions: 8.5 x 0.2 x 11 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 69 customer reviews

Best Sellers Rank: #650,733 in Books (See Top 100 in Books) #108 in Books > Crafts, Hobbies & Home > Antiques & Collectibles > Transportation #398 in Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Mandalas & Patterns #646 in Books > Self-Help > Art Therapy & Relaxation

## Customer Reviews

I'm absolutely loving this book so far, it has some beautifully designed mandalas that come both in the choice of white or black background paper. The paper itself in this one is a lot better quality and thicker than their previous books and you can tell just by the touch as well as the tooth of the paper. Every page has nice funky designs on the backside that are black sided. There is a wide range of different mandalas to choose from and each you get the choice between the two colored backgrounds which makes it nice to play around with and change it up. I really do like that because I can color it one way on the white paper and do something drastically different with the black paper like using neon gel pens for example. As far as the book is concerned, it is sturdy and quite thick as there is about 60 pages or so which makes this their biggest book I have colored in so far. This book would easily work well with any medium: colored pencils, markers or gel pens. So far I have only used gel pens in it, but the paper really is quite thick anything should lay down well. Also there is mainly bigger spaces in the mandalas, but some smaller detailed spaces as well. I personally like the bigger spaced look. Overall, this really is a great book in my opinion and most of all I love that they give you the choices between the two colored backgrounds as it makes it more fun and more options!

This is a great buy. It's like two books in one! I don't know if I want to change my color schemes but I guess that's something I have time to think about. This company has amazing quality paper, I love coloring on it it just soaks up ink and everything lays down very well. There are some intricate designs and some very simple which is nice to have a choice of how much time I have to spare. I'm always excited to see what this company will put out next

I really like this book! I love mandalas! This book's mandalas are not super intricate but still nice. The mandalas are printed twice, once with a white background, then with a black background. The pictures are printed single sided and the back of each page is black with a pattern so if you use markers, no worries about bleeding. Another great book by Papeterie Bleu!

AOK.

This mandala book is a delight. I love the black background which gives an instant matting for framing your work of art. I have bought other books by this artist and have only good reviews for all of the books.

Ok designs, paper was too thin for alcohol based markers like the prismacolors or copic. Will be ok for any water based marker, gel pens or colored pencil.

very nice.

Cheesy designs!Hollis W

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Mandalas For Meditation: A Mandala Coloring Book (Mindfulness Coloring Books for Grown-Ups for Relaxation, Stress Relief & Art 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) 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) 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) #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) 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) Pig Coloring Book For Adults: Stress-relief Coloring Book For Grown-ups, Containing 40 Paisley, Henna and Mandala Pig Coloring Pages (Farm Animal Coloring Books) (Volume 1) Adult Coloring Books: Mandala for a stress relieving experience (mandalas, stress relief, reduce stress, coloring books, relax) Mandala Coloring Book: 100+ Unique Mandala Designs and Stress Relieving Patterns for Adult Relaxation, Meditation, and Happiness (Magnificent Mandalas) (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 Panda Coloring Book For Adults: Stress Relief Coloring Book For Grown-ups Including 40 Paisly, Henna and Mandala Panda Bear Coloring Pages Otter Coloring Book for Adults: Stress-relief Coloring Book For Grown-ups, Containing 40 Paisley, Henna and Mandala Style Otter Coloring Pages Cow Coloring Book For Adults: Stress-relief Coloring Book For Grown-ups, Containing 40 Paisley, Henna and Mandala Style Coloring Pages Hand-Drawn Mandalas Coloring Book, Volume Two: An Adult Coloring Book for Stress-Relief, Relaxation, Meditation and Creativity (Jenean Morrison Adult Coloring Books) Mandala colouring book for adults: Meditation, Relaxation & Stress Relief: +BONUS 60 free Mandala colouring pages (PDF to print) A Swear Word Coloring Book Midnight Edition: Sweary Mandalas: A Mandala Coloring Book With Funny Curse Words On Dramatic Black Background Paper (Humorous Swear Words Coloring Books For Grown-Ups) Soccer Mom: A Humorous Adult Coloring Book For Relaxation & Stress Relief: (Humorous Coloring Books For Grown-Ups) Flowers, Mandalas and Animals: Adult Coloring Book: Stress Relieving Patterns for Grown-Ups (Stress Relieving Coloring Books for Adults) She Believed She Could So She Did Adult Coloring Book with Inspirational Quotes: A Coloring Book for Grown-Ups Providing Relaxation and Encouragement ... and assist with Anti-Stress and Mindfulness)

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