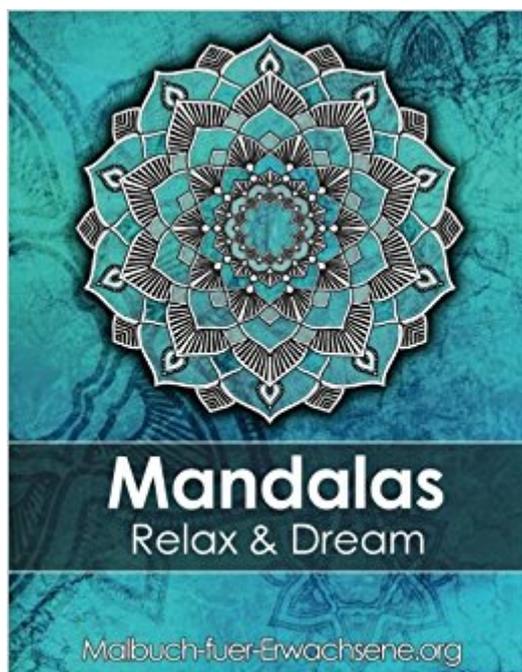


The book was found

Mandala Colouring Book For Adults: Meditation, Relaxation & Stress Relief: +BONUS 60 Free Mandala Colouring Pages (PDF To Print)



Synopsis

Mandala coloring book for adults: Meditation, Relaxation & Stress Relief 50 BEAUTIFUL MANDALAS for adults ONE SIDE PRINTED: The following design is not affected LONG PAINTING FUN: the coloring pages provide material for many hours STRESS RELIEF: the coloring of the mandalas helps relieve stress and relax BONUS: 60 FREE Mandala designs to print Variety of levels of difficulty: from medium to very intricate

Mandala coloring book for adults description

Coloring books for adults offer the perfect opportunity to relax and unwind. Mandala designs are especially helpful in stress relief. A perfect alternative to yoga. Johanna Basford has triggered the Megahype around the Coloring Books. She is probably the best-known coloring book author. Her coloring pictures are an inspiration for many drawing fans. Mandalas are originally from Buddhism. They have a meditative and relaxing effect on the viewer. That is why Mandala coloring pages are so popular. The originals for painting are usually arranged round and symmetrical. Many people also know it under the name Zen design. When painting, you can completely relax and recharge your batteries. Forget the worries of the stressful everyday life and let yourself be completely on the respective motive. Get free from time pressure and commitments. Do not set a time limit for the motive and resist the urge to finish quickly. Let yourself drop and come to rest. The concentration while coloring can completely switch off the brain. It acts as a meditation and a state of balance returns. In addition, the creativity is stimulated and encouraged. This coloring book for adults includes 50 mandalas with different degrees of difficulty. It is suitable for beginners as well as for advanced. Tips for drawing We opted for a large print (slightly smaller than DIN A4) of our Mandala coloring book. So the coloring pictures are large and easy to paint. For very good results we recommend crayons. Both normal and artist pencils are suitable. For example: Faber-Castell Polychromos, KOH-I-NOOR Polycolor, Sanford Prismacolor or Lyra Rembrandt. The mandalas can also serve as a template for their own creations. Simply cut the motif and use it as a template. This stimulates creativity. Even children can have fun with a coloring book for adults. It is wonderful when the hobbies of big and small are the same. Paint along with your children. BONUS: 60 FREE Mandala designs to print Have fun with this beautiful Mandala coloring book.

Book Information

Paperback: 104 pages

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Average Customer Review: 4.3 out of 5 stars 11 customer reviews

Best Sellers Rank: #36,558 in Books (See Top 100 in Books) #24 in [Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Mandalas & Patterns](#) #51 in [Books > Self-Help > Art Therapy & Relaxation](#) #134 in [Books > Self-Help > Stress Management](#)

Customer Reviews

This Mandala coloring book has 50 designs to choose from. There is a mandala of every detail level imaginable. There are mandalas that work well with gel pens, colored pencils and markers. At first I was dismayed by the pages that had heavy black lines but after coloring one of them with bright colors, I realized they were actually fun and look great when finished. Since I don't have to print any of them and waste my ink, I don't mind them like I thought I would. The book has all single sided pages and the paper is a basic coloring page weight. I use a blotter sheet in between when using markers because the ink will bleed through. The book is a basic sized 8.5" x 11" and the pages are not perforated. I was able to remove them easily by forcing the book open as far as it would do and tearing out the page. With this book you also receive a link for another 60 mandala designs to print and color. The site that you go to for this link is in German but with the help of Google translations, I was able to get my email keyed in and ask for the free designs. Within a few minutes I had an email in German and was able to click on the link for the free pages. Some of these pages do have too much black for printing at home but the others are great. With the 60 free designs and the 50 in the book, you really do get a lot for your money with this book.

Love this book

If you love mandalas, you'll love this book. It's full of beautiful mandalas and all images are single sided. The paper weight is great and suitable for gel pens, markers, or pencils. This would also make a great gift for your favorite colorist.

I just got into the adult coloring craze and I immediately decided I only wanted to color Mandala. This book has a very good selection and I'm enjoying trying out pencils and gel pens.

This was a great idea to use on a long car ride. All the pictures are one-sided and all are completely different

Ã Â For Mandalafans, this coloring book is just the thing. The book is printed on one side and has beautiful designs. For both beginner and advanced a great book. I love it. In the video you can see the german version. It includes the same designs as the english one.

Pretty disappointed. There's a few good designs in this book but the black outline is way too heavy. I prefer a lighter outline so it doesn't jump off the page. Several of the designs you can't really do much with which irritates me. The ones with a lighter outline have microscopic lines which is also irritating. Oh well.

This is a good book i love the designs. Some people might not like the bold black lines but i quiet liked them. I've given it a 4 based on the paper it's been printed on. Can't use pen it bleeds threw so best to use pencils apart from that i think it's good.

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