



Calm: 50 Unique Mandalas for Mindful Meditation (An Intricate Adult Coloring Book, Volume 6)

Talia Knight

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- **Experience yoga for your mind** with 50 unique, beautiful, and intricate mandala coloring designs.
- **Enhance your creativity and increase your calm** as you mindfully color these mandala coloring pages.
- **A mandala for every mood** - pick from a variety of difficulty levels, from medium to intricate and complex.
- **Focus on the art of coloring** with clean, crisp lines in every drawing on a bright, white background. No pixelation!
- **Bonus - get a FREE, downloadable PDF** of all 50 mandalas. These high-quality, free printable coloring pages allow you the ultimate control over your paper quality.
- **Single-sided coloring pages** - these one-sided adult coloring pages have one picture printed on each piece of paper.
- **Easy to use** - the inside margin of this adult coloring book is large enough to allow you to easily finish coloring the mandala. You can cut out your masterpiece if you don't want to use the free printable coloring pages from the downloadable PDF.

Get ready to relieve stress and get creative.

When your mind is racing and your body overflows with stress, grab your favorite coloring medium and this book. Spend a few minutes adding color to these mandalas to color your way to peace and calm. Coloring when it's used as an active form of meditation can help you achieve mindfulness, experience flow, find greater balance and calm in your life, replace negative thoughts with positive, reduce anxiety, and de-stress. Coloring is yoga for the mind.

How is coloring like yoga for the mind?

How can coloring exercise and strengthen your mind? While at the same time lowering your stress and anxiety? The answer is both simple and complex. The simple answer is that the brain is an amazing thing. Like exercising any other part of the body, when we exercise the part of the brain that helps us relax and calm down, that part of the brain (the prefrontal cortex) gets stronger. The amazing thing is when we make our prefrontal cortex stronger, the fear and anxiety part of our brain (the amygdala) gets weaker. That's why mindful coloring can have so many great benefits for our bodies. This takes regular, daily time and effort, just like any other exercise. But at least this kind of exercise is fun!

Who will like *Calm: 50 Mandalas for Mindful Meditation*? People who like:

- coloring books for grown-ups
- coloring books for teens
- coloring books for older kids
- coloring books for girls
- coloring books for boys (The flowing, geometric designs in many of the mandalas are equally appealing to both genders.)
- geometric coloring books

- complex coloring books
- stress relief coloring books
- advanced coloring books
- detailed coloring books
- mandala coloring books
- intricate coloring books

If you want unique mandalas to color that you can't find anywhere else, then buy *Calm: 50 Mandalas for Mindful Meditation* today.

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Peggy Nunes:

The book untitled Calm: 50 Unique Mandalas for Mindful Meditation (An Intricate Adult Coloring Book, Volume 6) contain a lot of information on the item. The writer explains the woman idea with easy technique. The language is very easy to understand all the people, so do not really worry, you can easy to read this. The book was written by famous author. The author provides you in the new period of time of literary works. It is possible to read this book because you can read on your smart phone, or product, so you can read the book inside anywhere and anytime. If you want to buy the e-book, you can start their official web-site in addition to order it. Have a nice go through.

Phillip Chadwick:

Is it a person who having spare time and then spend it whole day by watching television programs or just laying on the bed? Do you need something new? This Calm: 50 Unique Mandalas for Mindful Meditation (An Intricate Adult Coloring Book, Volume 6) can be the response, oh how comes? A fresh book you know. You are therefore out of date, spending your time by reading in this completely new era is common not a geek activity. So what these ebooks have than the others?

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