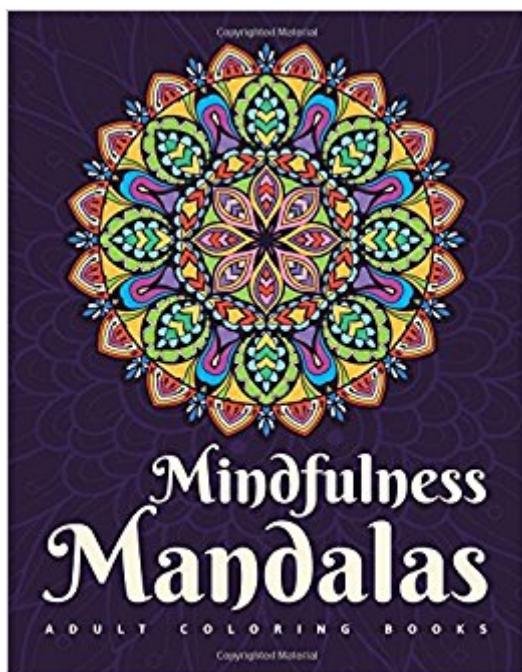


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# **Adult Coloring Books: Mindfulness Mandalas: A Mandala Coloring Book For Adult Relaxation Featuring Stress Relieving Coloring Pages For Adults Including Henna Flowers Geometric & Animal Designs**



## Synopsis

Inky Balm Designs presents "Mindfulness Mandalas •, a mandala coloring book for adult relaxation, including stress relieving patterns featuring: 36 tranquil, stress relief coloring pages for grown-ups incorporating henna flowers, geometric shapes, tribal designs, and animal motifs A range of designs from simple to more detailed and intricate, suitable for beginners and experienced colourists Each design is on a separate sheet and best used with colored pencils, markers, and fine tipped pens Get many hours of inexpensive, focused relaxation, and fun Rediscover the art of coloring and harness the power of color therapy to calm and unleash your creative spirit

## Book Information

Series: Adult Coloring Books

Paperback: 78 pages

Publisher: CreateSpace Independent Publishing Platform; Clr Csm edition (January 15, 2016)

Language: English

ISBN-10: 1523436662

ISBN-13: 978-1523436668

Product Dimensions: 8.5 x 0.2 x 11 inches

Shipping Weight: 9.1 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ See all reviewsÂ (3 customer reviews)

Best Sellers Rank: #924,999 in Books (See Top 100 in Books) #15 inÂ Books > Arts & Photography > Graphic Design > Techniques > Use of Ornament #436 inÂ Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Flowers & Landscapes #487 inÂ Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Mandalas & Patterns

## Customer Reviews

This coloring book has a good selection of both mandala and mandala inspired coloring designs. The designs are curated by Inky Balm and are licensed through shutterstock.com. This provides a colorist with the opportunity of buying a single book with a number of artists work included. Otherwise, you might have to buy a number of books to get such a diverse offering. I like that there are both mandalas and other designs in this book. Usually mandala books are mandalas only but by including both, it makes it a great way to get started with coloring at a good price and with a good selection of styles and types of designs. I especially liked coloring the cute little frog with his mandala tummy. Some of the designs include intricate details but for the most part the designs are fairly open and should be easy to color without resorting to especially sharp pencils or tiny nib pens

and markers. All of the designs stop well before the binding, are centered well on the page, and the print quality is very good. The designs are printed on one side of thin white non-perforated paper that is typical for books published by CreateSpace. The binding is glued but there is plenty of room for you to cut a page out if you choose to do so. I was able to get the book to lay fairly flat in the open position by *breaking* the spine slightly. All of my markers bleed through and my gel pens and India ink artist pens either bleed through or leave a distinct shadow on the back of the page. My coloring pencils work well with the paper though the hard lead pencils do leave an indent at the back of the page. I will use a piece of chipboard or heavy paper behind the page I am working on so I don't ruin the following page with leaking ink.

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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  
Mandala Adult Coloring Book Stress Relieving Patterns Relaxation: coloring book for Adult and grown ups, Anti-Stress Art Therapy, Stress Relieving Flower Patterns Adult Coloring Books: Animal Mandala Designs and Stress Relieving Patterns for Anger Release, Adult Relaxation, and Zen (Mandala Animals) (Volume 2) Adult Coloring Books: Animal Mandala Designs and Stress Relieving Patterns for Anger Release, Adult Relaxation, and Zen (Mandala Animals) (Volume 1) Mandala Coloring Book: 100+ Unique Mandala Designs and Stress Relieving Patterns for Adult Relaxation, Meditation, and Happiness (Magnificent Mandalas) (Volume 1) Black Background Adult Coloring Book: 60 Coloring Pages Featuring Mandalas, Geometric Designs, Flowers and Repeat Patterns with Stunning Black Backgrounds (Jenean Morrison Adult Coloring Books) Coloring Book for Adults & Grown Ups: An Easy & Quick Guide to Mastering Coloring for Stress Relieving Relaxation & Health Today! (The Stress Relieving Adult Coloring Pages) Dad Life: A Manly Adult Coloring Book: A Unique Funny Adult Coloring Book For Men Fathers & Dads With Mindfulness Mandalas, Easy Stress Relieving ... Relaxation Stress Relief & Art Color Therapy) A Snarky Mandala Coloring Book: Mandalas? Meh.: A Unique Funny Adult Coloring Book For Men & Women Featuring Mindfulness Mandalas & Easy To Complex ... Stress Relief & Art Color Therapy) (Volume 1) A Snarky Mandala Coloring Book: More Mandalas?!? Ugh.: A Unique Funny Adult Coloring Book For Men & Women Featuring Mindfulness Mandalas & Easy To ... Stress Relief & Art Color Therapy) (Volume 2) 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) Master Mandalas: A Mandala Coloring Book: A Unique Mindfulness Workbook & Zen Adult Coloring Book For Men Women Teens Children & Seniors Featuring ... Relaxation Stress

Relief & Art Color Therapy) Mandala Coloring Book: Coloring Books for Adults : Stress Relieving Patterns (Mandala Coloring Books For Adults) (Volume 10) Adult Coloring Book Designs: Stress Relief Coloring Book: POKEMON Designs for Coloring Stress Relieving - Inspire Creativity and Relaxation of Kids And Adults (Volume 1) #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) Panda Coloring Book For Adults: Stress Relief Coloring Book For Grown-ups Including 40 Paisly, Henna and Mandala Panda Bear Coloring Pages Adult Coloring Books: Awesome Animal Designs and Stress Relieving Mandala Patterns for Adult Relaxation, Meditation, and Happiness (Awesome Animals) (Volume 1) Bear Coloring Book For Adults: Coloring Book For Grown Ups Including 40 Paisley And Henna Bear Coloring Pages Designed To Aid Stress Relief And Relaxation Adult Coloring Books - A Collection: A collection of 42 best animals, mandalas, flowers, fruits and vintage designs : Coloring books for adults : stress relieving patterns. MINDFULNESS Coloring Book: Relaxation Series : Coloring Books For Adults, coloring books for adults relaxation, coloring book for grown ups, COLORAMA Coloring Book (Volume 1)

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