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## Everyday a Saturday: Adult Coloring Book: Affirmation Series Book One: Mandalas/Happiness Left Handed Version (Paperback)

By Tim Oneill

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 254 x 203 mm.

Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Create, Meditate, Relax with Adult Coloring Books

Coloring in a positive, healing environment with self affirmations and mandalas is a proven path to effective meditation and relaxation. Creative Adult Coloring May Help You Manage Stress Challenging work politics, harried schedules scurrying kids to and fro and the new 70 hour work week all combine to create chaos in the life s of today s busy professionals. Coloring Stress Relieving Patterns This Everyday A Saturday adult coloring book is the first in a new positive affirmation series. The focus of this volume is to be mindful of quot;happinessquot; The coloring book consists of 50 stress relieving patterns with happiness quotes that are set along side the meditative, soothing mandalas. This interactive coloring book features pen and ink mandalas awaiting the colorists hand. You will also find a large number of imaginary creatures and people nestled in the lines of these nicely crafted mandalas. Benefits of Adult Coloring Books While there are a tremendous number of benefits associated with adult coloring books the three listed below are...



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