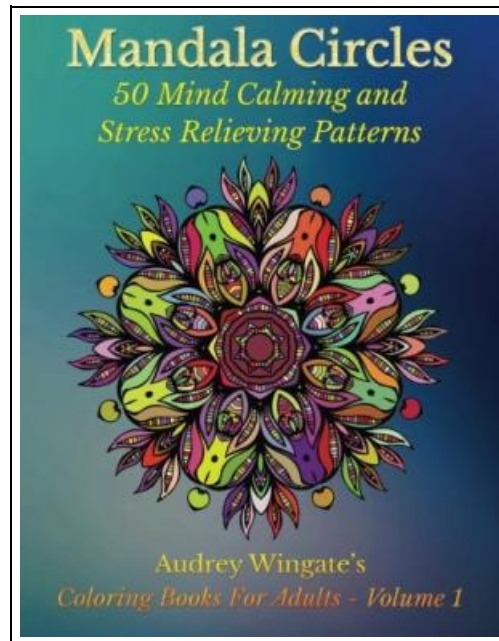


Mandala Circles: 50 Mind Calming and Stress Relieving Patterns



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Reviews

Simply no words and phrases to clarify. It really is full of knowledge and wisdom You wont feel monotony at at any moment of the time (that's what catalogs are for relating to when you question me).
(Paolo Spinka)

MANDALA CIRCLES: 50 MIND CALMING AND STRESS RELIEVING PATTERNS



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Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Mandala Coloring Books For Adults Represent The Oldest Form Of Coloring For Grown-upsWhether we are talking about traditional Tibetan, Indian, Celtic, Buddhist, Zen or Native American mandalas, or modern patterns which are probably better described as being in a mandala style, mandalas and mandala artwork have been used for many years for healing and meditationColoring is something which has been associated for a long time with children and it has been accepted that, as we mature, we put aside our crayons and turn our attention to more grown-up pursuits. In recent years however we have seen this wisdom being rejected and coloring for grown-ups has become a widespread and growing pastime.But why has coloring for grown-ups become so popular? There are many explanations for the explosion in adult coloring, but here are just some.Coloring Reduces Stress And AnxietyPsychiatrists have long recognized the fact that coloring relaxes the fear center of the brain and allows your mind to get some rest. In fact the founder of analytical psychology, Carl Jung, is known to have given his patients mandalas to color over one hundred years ago. In today s hectic world the stress reducing properties of coloring are possibly more valuable than ever.Coloring Trains Your Mind To FocusStaying inside the lines as you color a simple black and white line drawing takes focus and, while you are concentrating on this stress-free and relaxing activity, you can forget about your worries. Coloring is a mental exercise which lets you put aside everything else for the time you spend coloring, and this is extremely important in our hectic world.Coloring Helps To Develop Motor Skills And VisionColoring forces the two sides of the...



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