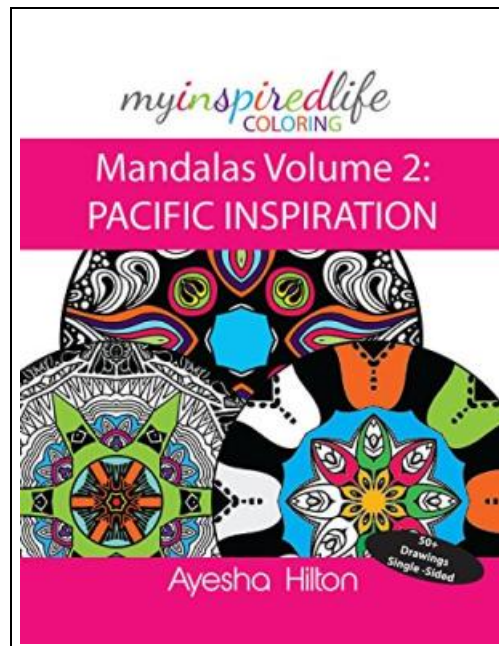


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Inspired Life Press, 2015. Paperback. Condition: New. Gorgeous Mandalas Inspired by ed.. Language: English . Brand New Book ***** Print on Demand *****.Adults around the world have fallen in love with the childhood past-time of coloring. Coloring grows up with these gorgeous mandalas inspired by South East Asian culture and designs. In this unqiute and beautiful coloring book you get: 52+ designs to color One-sided so the ink doesn't show through on your precious work A mix of complex and simple drawings to suit your mood and schedule Inspried Life Coloring books are created by author and artist Ayesha Hilton. She draws on her experience living and traveling around the world as well has experience as an author and designer. Coloring has been used by therapists for decades to help relief stress, created healing, and process emotions. Research has shown that the simple act of coloring can have a dramatic effect on wellbeing and stress levels. If you haven't tried coloring since you were a child, you will be delighted at how relaxed you will feel as you immerse yourself in the meditative act of coloring. Be warned though, coloring is highly addictive and you will find yourself spending more and more time nurturing your creative side through coloring. Why not get together with some friends and share coffee, cake and coloring!.

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