



Adult Colouring Book Volume 1: 50 Mandalas for Colorful Stress Relief and Mindfulness (Coloring Books for Adults)

Charlotte George

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******* HOURS OF RELAXING & THERAPEUTIC FUN*******

Adult Colouring Book - Volume 1 - Mandala Coloring Book

There are 50 beautiful and detailed Mandalas in this adult colouring book that will inspire you to pick up your pens or pencils and colour again and again.

Designs are printed on one side only so no worries ever about ink bleed. Why not photocopy and practice your blending and choice of colours until you are happy with the final draft.

If this is your first time colouring, follow this simple process to gain the most from colouring this adult colouring book.

Grab some beautiful colouring pens or pencils or borrow your kids.

Find somewhere quiet to colour and switch off your phone, tablet, computer or other media.

Find a page in the book to begin colouring, letting your creativity take over and flow.

You will find that colouring quickly becomes addictive and you will be surprised how much enjoyment you get from something this simple and how th time just slips away.

You will have hours of stress free enjoyment and find you are relaxing without even knowing about it.

So grab this adult coloring book today and have some wonderful ME time for a change.

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