



**Master Mandalas Adult Coloring Book: Complex
Mandala Patterns & Designs for Stress Relief &
Relaxation & Meditation & Mindful Zen Color
Therapy (Adult ... Meditation Relaxation & Zen
Color Therapy)**

Papeterie Bleu Adult Coloring Books

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Master Mandalas Adult Coloring Book: Complex Mandala Patterns & Designs for Stress Relief & Relaxation & Meditation & Mindful Zen Color Therapy (Adult ... Meditation Relaxation & Zen Color Therapy)

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Regularly ~~\$12.99~~ on sale for \$9.99 for a Limited Time

“Breathing in, I calm body and mind. Breathing out, I smile. Dwelling in the present moment I know this is the only moment.”

Thich Nhat Hanh, *Being Peace*

Experience Mindful Meditation as you Color these Complex Mandala Designs & Patterns

For centuries, mandalas have provided an elevated level of guidance to those seeking peace, inspiration, and a deeper connection to the world around them.

Now, with the Master Mandalas Coloring Book, use these peaceful yet complex patterns to help you find tranquility and balance in your life.

Featuring 40 master mandala drawings for colorists for contemplation and introspection, this coloring book for adults encourages you to use your imagination to create vibrant patterns that reveal your hidden creative potential and bring you closer to your true self. Each intricate design will draw your eye inward, shifting your focus toward your center and allowing you to fully relax your mind as you express yourself through these beautifully complex illustrations.

The Master Mandalas Adult Coloring Book for Grownups will help you find your inner calm and creativity every day.

Happy Coloring!

Included in this Book:

- 40 Unique Full Page Intermediate to Master Colorist Mandala Drawings for Contemplation, Inspiration, and Introspection

- Printed Single Sided on Bright White Paper 8.5x11"

Other Information:

Best Sellers Adult Coloring Books:

- The Secret Garden by Johanna Basford
- Lost Ocean by Johanna Basford
- Magical Jungle by Johanna Basford
- Enchanted Forest by Johanna Basford
- Calm the F Down by Sara O'hara
- Creative Haven Owls Coloring Book by Creative Haven
- Creative Haven Creative Cats Coloring Book by Dover
- Sweary Coloring Book Bestselling

Top 100 Amazon Books:

- Harry Potter and the Cursed Child by J.K. Rowling
- The Life-Changing Magic of Tidying Up by Marie Kondo
- First 100 Words by Roger Priddy
- To Kill a Mockingbird by Harper Lee
- Go Set a Watchman by Harper Lee
- When Breath Becomes Air by Paul Kalanithi
- Me Before You by Jojo Moyes
- Adult Coloring Books by Coloring Books for Adults
- The Whole30 by Melissa Hartwig
- How to Win Friends & Influence People by Dale Carnegie
- 10-Day Green Smoothie Cleanse by JJ Smith
- Laugh-Out-Loud Jokes for Kids by Rob Elliott
- The 5 Love Languages by Gary D Chapman
- Adult Coloring Book by Blue Star Coloring
- The Going-To-Bed Book by Sandra Boynton
- Pretty Happy by Kate Hudson
- Harry Potter Coloring Book by Scholastic

Other Books that Complement Mindful Mandalas:

- Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World
- Wherever You Go, There You Are
- Little Book of Mindfulness: 10 minutes a day to less stress, more peace
- Mindfulness: How To Be In The Present Moment Everywhere In Your Everyday Life
- Mindfulness for Beginners: Reclaiming the Present Moment and Your Life
- Mindfulness in Plain English
- Peace Is Every Step: The Path of Mindfulness in Everyday Life by Thich Nhat Hanh
- The Art of Happiness by Dalai Lama

- How to Practice: The Way to a Meaningful Life by Dalai Lama
- Beyond Religion: Ethics for a Whole World by Dalai Lama
- Buddhism for Beginners by Thubten Chodron
- The Heart of the Buddha's Teaching: Transforming Suffering into Peace, Joy, and Liberation by Thich Nhat Hanh

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From reader reviews:

Joseph Wilson:

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Kevin Blais:

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Helen Hanson:

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