



Mandalas for Mindfulness: 65 Amazing Adult Coloring Mandala Patterns for Instant Relaxation

By Frank Van Utrecht

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. Frank Van Utrecht (illustrator). 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.What if you could go back in time? Yes to a simpler time. Back to the exact moment you opened a box of Crayola crayons for the first time. It was just you and all those colors and fun. There wasn't a thing that would or could bother you. As you lifted the lid and the amazingly glorious scents and the feel of freedom! There wasn't anything better! Just imagine you were given permission to that time today? What word would you describe it as? Calming? Tranquility? A Secluded Island Of Your Own? Just saying those words you become peaceful. And then you think, wow, this is how I remembered it. Then you say yes! So let go of today's time clock and experience that all over again, letting yourself feel young again. Give yourself this gift and when you do you will open a world of fun. So as you download and open. Mandalas For Mindfulness: 65 Amazing Adult Mandala Coloring Patterns For Instant Relaxation, you'll...

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