



# **Calm: 50 Unique Mandalas for Mindful Meditation (An Intricate Adult Coloring Book, Volume 6)**

*Talia Knight*

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## **Calm: 50 Unique Mandalas for Mindful Meditation (An Intricate Adult Coloring Book, Volume 6)**

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- **Experience yoga for your mind** with 50 unique, beautiful, and intricate mandala coloring designs.
- **Enhance your creativity and increase your calm** as you mindfully color these mandala coloring pages.
- **A mandala for every mood** - pick from a variety of difficulty levels, from medium to intricate and complex.
- **Focus on the art of coloring** with clean, crisp lines in every drawing on a bright, white background. No pixelation!
- **Bonus - get a FREE, downloadable PDF** of all 50 mandalas. These high-quality, free printable coloring pages allow you the ultimate control over your paper quality.
- **Single-sided coloring pages** - these one-sided adult coloring pages have one picture printed on each piece of paper.
- **Easy to use** - the inside margin of this adult coloring book is large enough to allow you to easily finish coloring the mandala. You can cut out your masterpiece if you don't want to use the free printable coloring pages from the downloadable PDF.

### **Get ready to relieve stress and get creative.**

When your mind is racing and your body overflows with stress, grab your favorite coloring medium and this book. Spend a few minutes adding color to these mandalas to color your way to peace and calm. Coloring when it's used as an active form of meditation can help you achieve mindfulness, experience flow, find greater balance and calm in your life, replace negative thoughts with positive, reduce anxiety, and de-stress. Coloring is yoga for the mind.

### **How is coloring like yoga for the mind?**

How can coloring exercise and strengthen your mind? While at the same time lowering your stress and anxiety? The answer is both simple and complex. The simple answer is that the brain is an amazing thing. Like exercising any other part of the body, when we exercise the part of the brain that helps us relax and calm down, that part of the brain (the prefrontal cortex) gets stronger. The amazing thing is when we make our prefrontal cortex stronger, the fear and anxiety part of our brain (the amygdala) gets weaker. That's why mindful coloring can have so many great benefits for our bodies. This takes regular, daily time and effort, just like any other exercise. But at least this kind of exercise is fun!

### **Who will like *Calm: 50 Mandalas for Mindful Meditation*? People who like:**

- coloring books for grown-ups
- coloring books for teens
- coloring books for older kids
- coloring books for girls
- coloring books for boys (The flowing, geometric designs in many of the mandalas are equally appealing to both genders.)
- geometric coloring books

- complex coloring books
- stress relief coloring books
- advanced coloring books
- detailed coloring books
- mandala coloring books
- intricate coloring books

If you want unique mandalas to color that you can't find anywhere else, then buy *Calm: 50 Mandalas for Mindful Meditation* today.

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#### **Susan Swain:**

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#### **Betty Young:**

In this period globalization it is important to someone to receive information. The information will make anyone to understand the condition of the world. The healthiness of the world makes the information better to share. You can find a lot of sources to get information example: internet, classifieds, book, and soon. You will see that now, a lot of publisher that will print many kinds of book. The book that recommended to you is Calm: 50 Unique Mandalas for Mindful Meditation (An Intricate Adult Coloring Book, Volume 6) this book consist a lot of the information in the condition of this world now. This book was represented so why is the world has grown up. The terminology styles that writer use for explain it is easy to understand. Typically the writer made some exploration when he makes this book. That's why this book appropriate all of you.

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Many people spending their time frame by playing outside together with friends, fun activity with family or just watching TV 24 hours a day. You can have new activity to enjoy your whole day by looking at a book. Ugh, you think reading a book can actually hard because you have to accept the book everywhere? It okay you can have the e-book, delivering everywhere you want in your Smart phone. Like Calm: 50 Unique Mandalas for Mindful Meditation (An Intricate Adult Coloring Book, Volume 6) which is getting the e-book version. So , try out this book? Let's see.

#### **Betsy Haley:**

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