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Day Dreams Mandala Coloring Books: Volume 10

Raymond J Jones

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#8256773 in Books Ingramcontent 2016-12-04Original language:English 10.00 x .15 x 8.00l, #File Name: 154083117564 pagesDay Dreams Mandala Coloring Books Volume 10 | File size: 67.Mb

Raymond J Jones : Day Dreams Mandala Coloring Books: Volume 10 before purchasing it in order to gage whether or not it would be worth my time, and all praised Day Dreams Mandala Coloring Books: Volume 10:

Thirty completely different mandalas designed and drawn specifically for this book. The drawings are challenging enough to encourage mindfulness, but simple enough to allow one to enter a meditative state. Structured coloring as opposed to random doodling has actually been shown to help reduce anxiety and to help with your meditation.