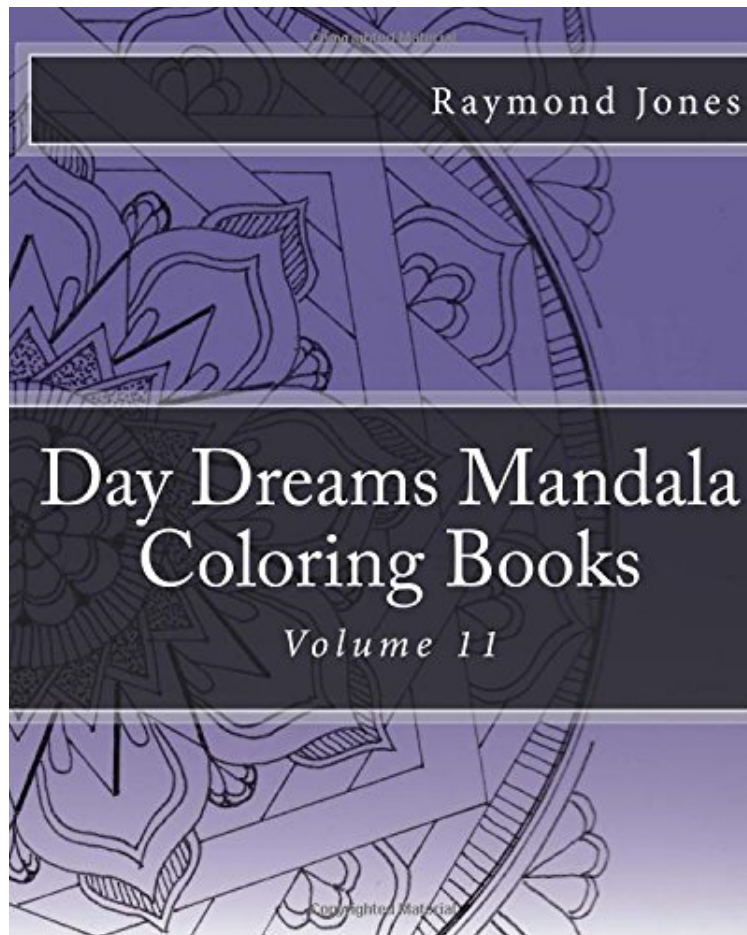


Day Dreams Mandala Coloring Books: Volume 11

Raymond J Jones

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Raymond J Jones : Day Dreams Mandala Coloring Books: Volume 11 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 11:

0 of 0 people found the following review helpful. Five StarsBy Sharon ArmstrongLove all of these hours of calming fun

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.