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Mandalas: Advanced Coloring Book for Kids

By Creative Kids

Speedy Publishing Books, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Coloring, and doodling at any age is therapeutic because it reduces stress, enhances calmness and encourages imaginative expression. Mandalas symbolize the movement of energy through the universe with distinct shapes and patterns that draw you into the center. Coloring enhances brain activity in children and adults. This Mandala advanced coloring book was designed for kids, but many adults are sure to enjoy coloring in the designs as well. Mandalas stem from Far Eastern designs and tradition with various focal points weaved into the designs. The shapes come to together to create a harmonic pattern that blossoms within and outward as well. Mandala designs are a special favorite throughout the world because of their mesmerizing effect on the brain. Both kids and adults report feeling happier after coloring a sacred mandala. If you look around in nature, you ll see these shapes and pattern styles everywhere. PLEASE NOTE: This book is an Advanced coloring book, not intended for small children because some of the designs are complex. Includes 30 pages of sacred mandalas to color.

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