



Grown Up Coloring Book: 48 Mandala Relaxing Stress Relief Patterns for Adult Art Therapy, Volume 1

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Discover More Calm, Creativity, Fun And Relaxation In Your Life In Just 5 Minutes Per Day

- Have you become addicted to the screen on your phone, tablet or computer?
- Are you looking for activities to take you away from your screens and your worries?
- Do you suffer from stress, anxiety or creative block?

Coloring Is Your Answer!

- Coloring books for adults are a great stress reliever, and are also a fun activity!
- This grown up coloring book contains 48 beautiful and intricate mandala designs, providing many hours of coloring delight.
- 48 Journaling pages allow you to express any thoughts, quotes or inspirations that come to the surface while coloring.
- Indulge the mind in creativity with a variety of design elements and details perfect for both the beginner and seasoned artist.
- Get in touch with your inner child. Coloring in this coloring book is extremely relaxing and therapeutic.
- Coloring is a great activity for your lunch break, vacation, while waiting at the doctors office, to unwind before bed, or anytime you just need a break.
- This mandala coloring book makes a perfect gift for teens and adults!

No amount of coloring time is too much or too little! Feel the relaxing benefits of coloring in your first 5-10 minutes, but feel free to color as long as you want!

BONUS! Look in the back of the book for a link to download and print out additional mandala coloring pages.

Don't miss out! Buy your coloring book today and join the millions of adults around the globe who have reawakened their love of coloring!

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