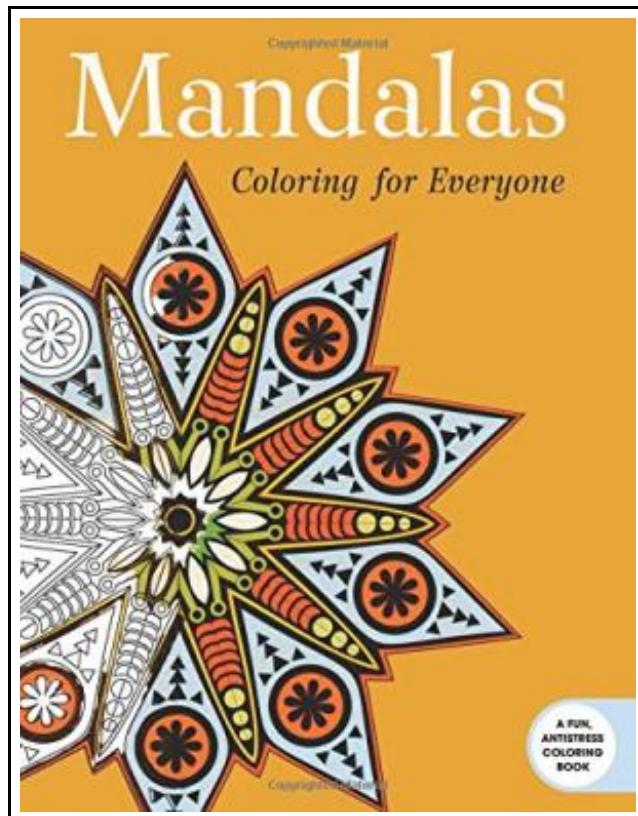


Mandalas: Coloring for Everyone



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Reviews

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MANDALAS: COLORING FOR EVERYONE

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Skyhorse Publishing. Paperback. Book Condition: new. BRAND NEW, Mandalas: Coloring for Everyone, Skyhorse Publishing, Reduce stress and promote creativity by coloring beautiful mandalas. "I sketched every morning in a notebook a small circular drawing, a mandala, which seemed to correspond to my inner situation at the time. Only gradually did I discover what the mandala really is .the self, the wholeness of the personality, which if all goes well is harmonious." --Carl Jung Recognized as a symbol of peace, creativity, and inspiration, mandalas are sacred circular shapes with a long and rich history. They were originally developed as Hindu and Buddhist symbols of the universe, and the process of their creation is known to reduce stress and help artists find tranquility and balance. While mandalas are based on simple circular shapes, they can also be quite complex. Many mandalas incorporate images of Buddha and ornamental shapes and flourishes. Vibrant colors are used to highlight these intricate designs, making mandalas perfect for exploring one's artistic side. Mandalas: Coloring for Everyone has forty-six black-and-white designs for you to color and a gallery of full-color images as inspiration. The designs have been created specifically for you, and are perforated so that each one can be removed to more easily be colored. So explore your creative side, and discover the relaxing benefits of coloring mandalas. In summary, this vibrant compilation is: Includes an introduction describing the history and beauty of the mandala design Features forty-six original designs for readers to color Each black-and-white design is printed on one side of a perforated page, allowing readers to remove--and frame--their artwork Includes sixteen pages of full-color images to exemplify illustrated mandalas Is releasing as part of a series of four coloring books.

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