



# **Adult Coloring Book: De-stress, Relax, & Let Go 50 Mandala Meditation Patterns Volume 2 (Unique Mandala Designs, Adult Coloring Book)**

*Renaë James*

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# Adult Coloring Book: De-stress, Relax, & Let Go 50 Mandala Meditation Patterns Volume 2 (Unique Mandala Designs, Adult Coloring Book)

*Renae James*

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## 50 Unique Mandala Meditations and Free Bonus Gift Included Inside

**Use these mandala patterns to reduce your stress and increase your creativity** Living in world that is run by technology sometimes it is necessary to unplug. And the most popular trend that adults are getting back into is adult coloring books. As we got older we disregarded our crayons and colored pencils as childish and replaced them with highlighter and ink pens. Now it's time to go back to that carefree time of using our colored utensils and use the de-stressing power of coloring. **Discover the power of wellness, quietness, and creativity by simply coloring these unique Mandala designs** Studies have found that when you color, you are activating two areas of your cerebral hemisphere that involves both logic and creativity. Relaxations comes into play because you are only focus on one thing, which is coloring, and you are not focus or concerned about the stresses in your life.

## 7 Reasons to Buy Adult Coloring Book

1. Experience the de-stressing effects of coloring the 50 unique mandala patterns. 2. Learn how to focus on the joy of coloring not the stress of anxiety. 3. Ignite your imagination to your childhood, a period where you had no worries. 4. Discover how to enter into a more creative, freer state. 5. Become a part of a movement that is taking the world by a peaceful storm. 6. Inexpensive coloring book that gives you more for your money. 7. The extra bonus that is included inside!!!

## What You Get Inside....

- 50 Unique Mandala Mediations Patterns
- 4 Different Sections of Mandalas
- Different Levels of Details (from easy to hard)
- Patterns Created On Large 8"x10" Quality Paper
- One Picture On Every Other Page
- Pattern Created By 2 Different Artists
- Much, much more!

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