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By: Jim Gogarty

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ISBN-13: 9781440592881

Free your mind with dozens of enlightening mandalas! For centuries, mandalas have helped those seeking peace and inspiration find balance in their lives. Now, with Stress Less Coloring Mandalas, you can use these sacred circles to calm your mind, relieve stress, and manage anxiety in a therapeutic way. Each page encourages you to concentrate on coloring and shading in 100 detailed mandalas. As you use your own unique palette to fill in these designs, you'll be able to feel your focus shift onto something fun and new, releasing any tension you may have felt. Whether you're new to art therapy or have been coloring for years, this book will show you how to put your mind at ease and foster creativity one mesmerizing mandala at a time.

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 Durée 319 minute(s)

 Catégories Énergie, Musique & Sons, Science & Biologie

 Coût 804 USD (\$)

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