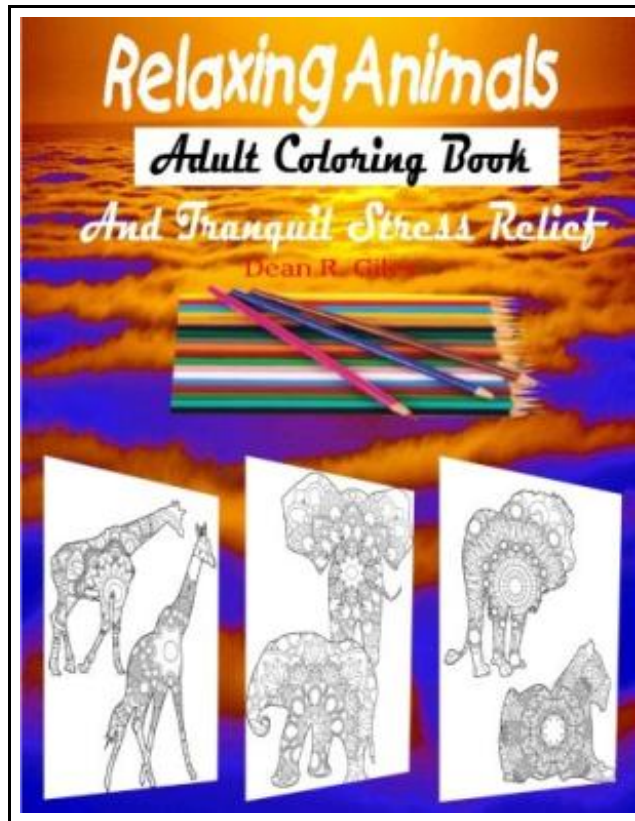


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. De-stress from everyday clamor. Most days are stressful, you are pulled different ways by different pressures, you ve been running around like crazy! Now it s time to take a deep breath and escape the chaos, even if it is only for a little while. Go ahead and take a break from the turmoil. You deserve a little me time. When you are relaxed you can deal with everything much easier, you have more patience with the little annoying things that come up, and you experience more peace and joy. Adult coloring books have been proven to reduce stress, improve mood, relieve anxiety, and promote good health. All of the tranquil shapes in this book are built from mandalas. Mandalas have repeating patters that promote mindfulness and can aid in meditation. Simply living produces pressures and stresses. As a human being you only have two options, you can let these irritations build and just try to deal with them, or you can do something daily to reduce and eliminate those stresses in your life. Coloring can be just the right therapy to bring your life back into harmony and help you feel the stresses ebb out of your body and mind. Imagine the relaxing sound of the writing utensil on paper. The feel of the paper under your fingers, and the metered stroke of the pencil, pen, or crayon as it leaves a purposeful mark. Filling in the detailed pattern have a tendency to transport you to a time and place that is far away. It may even bring back childhood memories of coloring, and open your eyes to your inner child. Don t be surprised at how quickly...

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