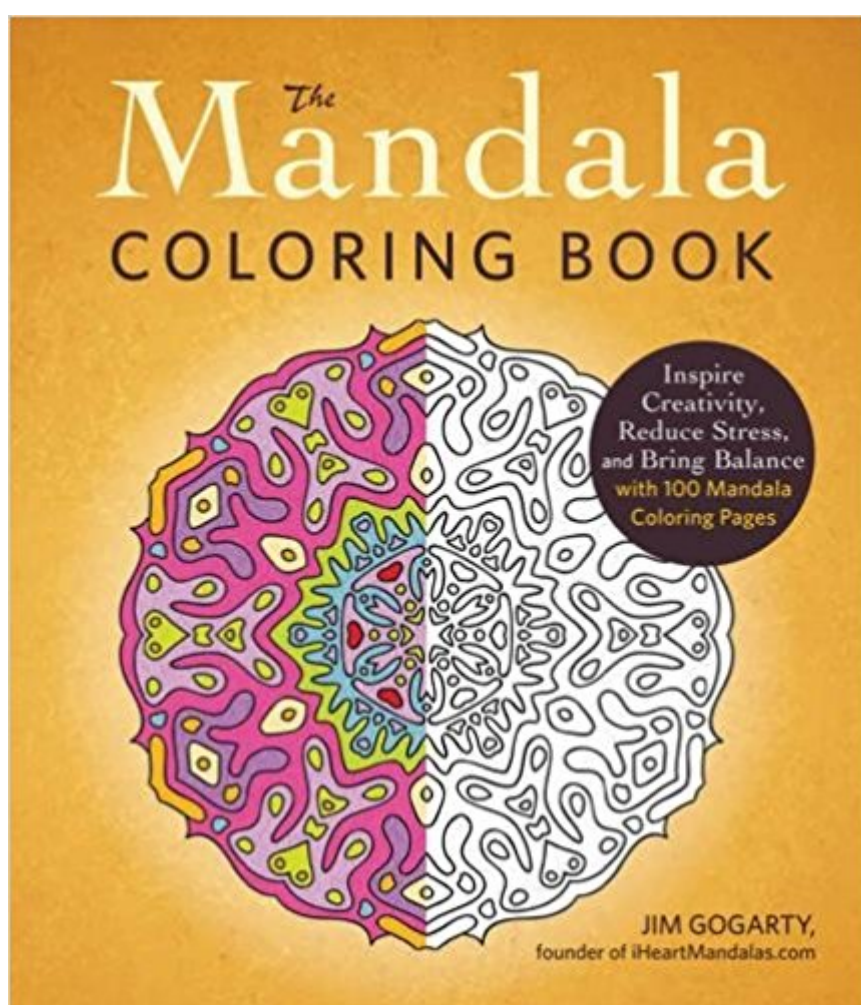


The book was found

The Mandala Coloring Book: Inspire Creativity, Reduce Stress, And Bring Balance With 100 Mandala Coloring Pages



Synopsis

Free your mind with these enlightening mandala designs! For centuries, mandalas have provided an elevated level of guidance to those seeking peace, inspiration, and a deeper connection to the world around them. Now, with *The Mandala Coloring Book*, you can use these sacred circles to help you find tranquility and balance in your life. Featuring 100 customizable mandala drawings, this book encourages you to use your imagination to create vibrant patterns that reveal your hidden creative potential and bring you closer to your true self. Each intricate design will draw your eye inward, shifting your focus toward your center and allowing you to fully relax your mind as you express yourself through these beautifully complex illustrations. Complete with expert instruction and helpful design tips, *The Mandala Coloring Book* will help you find your inner calm and creativity every day.

Book Information

Paperback: 208 pages

Publisher: Adams Media; Clr Csm edition (September 18, 2013)

Language: English

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Product Dimensions: 8 x 0.3 x 9.2 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 287 customer reviews

Best Sellers Rank: #59,342 in Books (See Top 100 in Books) #86 in Books > Self-Help > Art Therapy & Relaxation #286 in Books > Self-Help > Creativity #463 in Books > Health, Fitness & Dieting > Alternative Medicine > Meditation

Customer Reviews

"These mandalas can be colored more quickly than some, but can also be colored with great detail if desired. What you will end up with is a beautiful, unique creation, but the process itself will be an engaging one. Beautiful mandalas, can be completed in a relatively short sitting."

--Stress.About.com

Jim Gogarty has had a passion for drawing for as long as he can remember, ranging from crayons to felt tips to today's digital pen. He began drawing mandalas in 2005 after a spiritual awakening during meditation. Since then, he has worked to turn this love for the symmetrical patterns into a career. He currently runs iHeartMandalas.com, where he brings these images to life.

Love it~~

I bought this coloring book and a set of Crayola markers in the middle of a panic attack during a layover at the airport. Even after taking a prescription medication for anxiety, I was concerned that I might pass out because "there wasn't enough air." When I opened the book, I was able to settle into the moment, become centered, and be calm. I boarded my flight without incident, and though I was still anxious, coloring for three hours got me through it. Some of these mandalas are funky and fun, and others are more traditional. The paper has a nice thickness and good texture. I would definitely buy again, even without the panic attack.

This is a great Mandala coloring book. There's only about 3 pages of text in the whole thing and the other 200+ pages are designs to color. These are obviously hand drawn designs but I think that makes it easier to mark up the book - it's not like writing in a book, it's just coloring in a coloring book. One of the best things about the designs is that they're printed only on one side of the page, so you don't have to worry about messing up a design on the back if one turns out really well. Do put something under the page if you use markers, because they do run through the paper. I use a page from a catalog, which works well because it's a glossy finish. The designs vary in type, from some fairly intricate patterns to some that are obviously intended for kids with funny faces and things. I'm having a blast with this and it really does seem to take my mind off of my problems. I'm so proud when one turns out really well, lol. I'm using a set of BIC Mark-It Color Collection Ultra Fine Permanent Marker, Assorted, 36 Markers and Sharpie permanent markers, both of which I got here at and I highly recommend them. I have the 36 pack of the Bic markers, but many of the colors are too dark so if you buy specifically for this book, I recommend the set of 24. I also tried a variety of gel pens but found they took too long to dry and smeared too easily to be enjoyable. Crayons would work, too, and would be the easiest medium for kids to use.

This is a great way to ground yourself in the present moment and to stop worrying. Your mind gets occupied with this calmness and as problems cross your mind, you are in a better state to solve them.

Over a year later, I still think this is the best coloring book I own. I may be biased because it was my first coloring book, and my introduction to the coloring world, but to this day nothing has beat the

simple yet intricate, well designed mandalas in this book. This is the only coloring book I own that I have nearly finished. I have torn out many pages to give to friends as well, for coloring parties. Interestingly, the mandalas look awesome front and back after the ink bleeds through (on the back you can't see the black outlines). They are challenging, but not overwhelming like many of the other coloring books. This is a great "gateway" coloring book for those who are unsure. If you are curious about coloring, order this book! I recommend Prismacolor colored pencils, or some nice fine Bic markers. A word of caution -- I recommend tearing out the mandalas you are working on if you are using markers that bleed. Markers that bleed will be transferred onto the mandala on the next page! Take care to protect the other designs as you work. With colored pencil, this is not an issue.

Back in December I started 'coloring' for symptom relief. I have purchased approximately 10-15 different books from a many different sources. After getting this book I never want to go back to any others. It is by far the best, most relaxing, and creative. The book is simple enough to be relaxing and enjoyable but not too simple - causing me to be bored and not engaged. I really hope this author does another book soon since I am almost halfway through! I may just buy another copy since there are infinite possibilities with color and final product.

Being an avid colorist that started this past summer, and I fell into hook line and sinker; I have collected a variety of coloring books, different types of mediums (pencils, pens, markers) ways to keep them all organized. I am learning my style, new techniques and what I enjoy coloring; which at the moment is pretty much most anything, although some of the finer detail areas have to wait for days my wrists or eyes aren't bothering me; and having a magnifying glass also helps too. There is such a wide variety of coloring books out there for adults; if you are looking for something to help de-stress, to help cope maybe with different medical issues you maybe facing or whatever, don't be afraid, just jump on it there and give it a shot; I am sure you will find something that will suit your fancy and they even have coloring books for men too. A lot of these artists have GREAT talent, and it surely shows when you flip through these pages. So, what are you waiting for? Pick up a coloring pencil, kick up your feet, sit back and relax and color yourself a great picture!!!

I love this coloring book. I do it everyday and when I cannot sleep. This has been very helpful to me recovering from anoxic brain damage, (I went in for gallbladder surgery, arrested and ended up not knowing who I was). I was in a coma for several weeks. I plan to purchase another one.

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Emojis Coloring Book for Grown-Ups featuring 30 Paisley, Henna and Mandala Coloring Pages
(Emoji Coloring Book for Teens and Adults) (Volume 1)

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