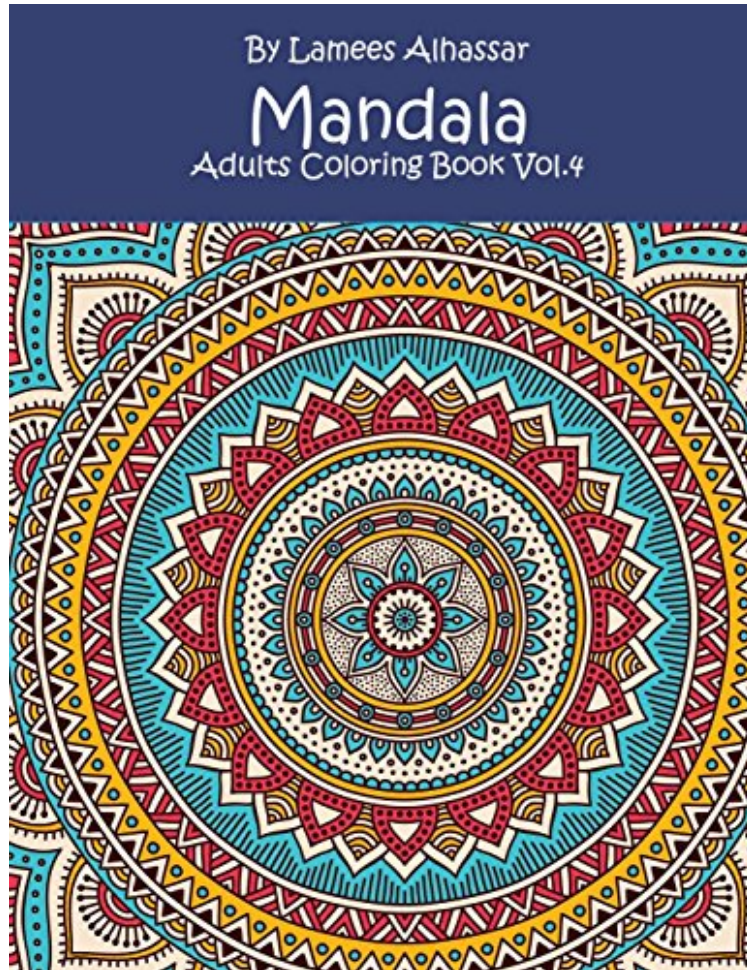


(Free) Mandala: Adults Coloring Book Vol. 4

Mandala: Adults Coloring Book Vol. 4

Lamees Alhassar

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Lamees Alhassar : Mandala: Adults Coloring Book Vol. 4 before purchasing it in order to gage whether or not it would be worth my time, and all praised Mandala: Adults Coloring Book Vol. 4:

0 of 0 people found the following review helpful. A must buy coloring book By Lamees A. I bought volume 1 and I colored all the pages, some pages I colored using oil paint, the quality of the paper is very good, I framed a couple of my art work and I signed the colored pages as an artist. it was a great experience. I ordered the rest of the volumes of this book.

Free your mind with Mandala Adults Coloring Books! For centuries, mandalas have helped those seeking peace and inspiration find balance in their lives. Now, 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. 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. 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. Detach yourself from everyday distractions and unwind with detailed beautiful images that will keep you entertained. 30 images in this book that vary from minimal detail to highly detailed, making it perfect for markers, fine tip pens and colored pencils. Images are printed on large 8.5"X 11" high quality paper so you will have plenty of space to work your art and be creative. The back of each coloring page is blank, so you can cut out and show off your mandala artwork.

About the AuthorLamees Alhassar is a prolific, inspirational writer, artist a philanthropist. You can visit her website <http://www.lameesauthor.com> and you can send her an email Lameesalhassar@hotmail.com