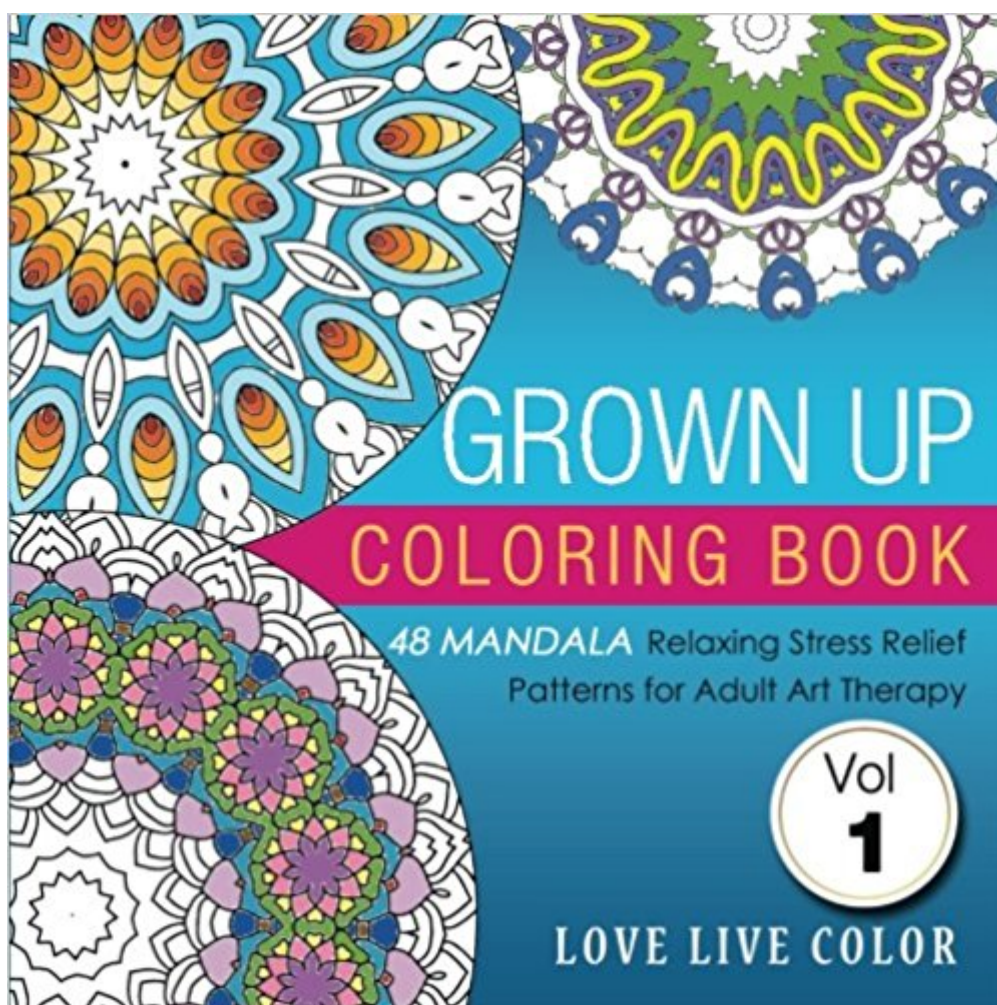


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# Grown Up Coloring Book: 48 Mandala Relaxing Stress Relief Patterns For Adult Art Therapy, Volume 1



## Synopsis

Discover More Calm, Creativity, Fun And Relaxation In Your Life In Just 5 Minutes Per Day - Have you become addicted to the screen on your phone, tablet or computer? - Are you looking for activities to take you away from your screens and your worries? - Do you suffer from stress, anxiety or creative block? Coloring Is Your Answer! - Coloring books for adults are a great stress reliever, and are also a fun activity! - This grown up coloring book contains 48 beautiful and intricate mandala designs, providing many hours of coloring delight. - 48 Journaling pages allow you to express any thoughts, quotes or inspirations that come to the surface while coloring. - Indulge the mind in creativity with a variety of design elements and details perfect for both the beginner and seasoned artist. - Get in touch with your inner child. Coloring in this coloring book is extremely relaxing and therapeutic. - Coloring is a great activity for your lunch break, vacation, while waiting at the doctors office, to unwind before bed, or anytime you just need a break. - This mandala coloring book makes a perfect gift for teens and adults! No amount of coloring time is too much or too little! Feel the relaxing benefits of coloring in your first 5-10 minutes, but feel free to color as long as you want! BONUS! Look in the back of the book for a link to download and print out additional mandala coloring pages. Don't miss out! Buy your coloring book today and join the millions of adults around the globe who have reawakened their love of coloring!

## Book Information

Series: Grown Up Coloring Book: 48 Mandala Relaxing Stress Relief Patterns for Adult Art Therapy

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## Customer Reviews

Love Live Color is inspiring people to take a break from their digital screens and live in the moment.

Join the millions of adults who have already found the wonderful benefits of coloring. Love Passionately, Live Fully, Have Fun and COLOR!

The pictures are so pretty and they're not super sized so it's nice to finish a picture quite quickly.

It's not just a coloring book; it's also a journal. I love it. BTW, crayons don't work well for this. Use a good pencil set for your new works of art.

Small but not too small

I babysit for friend's children and am a big supporter of quiet coloring time to help with their manual dexterity, as well as stimulate their imaginations while teaching them their colors, but I personally have not colored in a coloring book for years. As an adult, it seems I am always too busy to sit down and allow my inner child to have some Healthy coloring book fun. That is until I ordered this Grown Up Coloring Book by Love Live Color! What a Fun, Relaxing way to set aside my busyness and allow myself to get in touch with my Quiet, Creative side, which has been sorely neglected for too long a time. This 8 1/2" x 8 1/4" Soft Cover, Grown Up Coloring Book Volume 1 offers a Really Nice Variety of 48 Different Mandalas which are approximately between 6" and 7" in Diameter. I like that Love, Live, Color has included both Extremely Intricate and Mildly Complex designs, so I can choose according to my level of concentration. I also appreciate that the Lines in the designs are Clearly Defined, so I do not need a magnifying glass to see where to put the tip of my colored pencils. The Back Side of Each coloring page offers a Lined Journal Page, where I can jot down any thoughts or feelings that rise to the surface during my coloring sessions. Initially I questioned the need for them, but I am quickly learning that when I allow myself to slow down and concentrate on coloring these Mandalas, my heart opens up and I find myself with a desire to express myself in writing, so I am glad that these Journal Pages are included. I am so grateful to have been given the opportunity to purchase this Grown Up Coloring Book at a reduced cost in exchange for testing and review. I will definitely be taking advantage of the Download for the 10 free Printable Mandalas offered in the back of this book and when those are colored, I will be seeking out Volume 2. I am Reaping the Benefits and making Grown Up Coloring Time a regular part of my weekly routine! Highly Recommend this Grown Up Coloring Book!!

I am quickly becoming addicted to these adult coloring books. They are truly a relaxing way to

handle stress throughout my day. I have 3 small children and two are in school. I pick them up and have to sit in a boring carline everyday. I can only handle playing on my phone so much before I lose my mind. I have always loved to color, so when I started noticing these books, I thought what a perfect way to spend some time. I have two other books, so I wasn't entirely sure I needed a new one. I went ahead and decided to try this one out. I am so thrilled that I did. This book is not only a coloring book, but it is also a journal. I am a thinker and I love to write out my thoughts. It is very therapeutic to get all of that craziness out of your system. If you can't yell it out at the top of your lung, writing things down is a good alternative. I will sit and write about the day, then I will color the page for the day. These drawings are so detailed and intricate that it takes you away from what is going on around you. I forget about all of the things that I will need to do once I am home and I get to re-energize my brain. You are, also, pulling from your creative thoughts and this will open up new thoughts. I am impressed with how wonderful the journaling part goes with the coloring part. This book is a must have. Recommended for yourself or as a gift. This product was received at a discounted rate in exchange for my honest review.

I am having so much fun with this adult coloring book. I use gel pens and the colors on the super detailed mandala patterns looks absolutely gorgeous! They are so fun to do and it's easy to get lost in your head while coloring them- in a good way! It's relaxing and I guess you could call it "meditative". I do feel better after coloring for a while. I read that the same areas of your brain light up when meditating and when coloring in these books. It was on Google somewhere so who knows if it's credible but I thought it was cool. The patterns on these mandalas vary in difficulty from lightly detailed to some extremely complex designs. It's nice to be able to choose according to my mood. Each page has lines for a journal entry printed on the back so you aren't ruining another pattern from your pens or markers bleeding through. With the gel pens I can see the color from the back of the page but it doesn't "bleed" through the paper and make the journal entry section unusable. I'm not sure about markers. The pages aren't perforated but you can tear them pretty easily from the book when you color. If I had a printer I would have run off copies to be able to color my favorites over and over again. The book is professionally printed and looks well made. 48 patterns is a lot of coloring and because they are so detailed they each take a few hours at least. Some I've had to work on for a few days a few hours at a time. It's money well spent, in my eyes, and I'm looking forward to coloring Volume 2, too! Saved my coloring book free or for a promotional price for testing and evaluation purposes. I was not paid for my review and was only asked to provide any feedback I may have regarding the product. My review is solely based on my experience and honest opinions

of this adult coloring books.

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Mindful Mandalas: A Mandala Coloring Book: A Unique & Uplifting Mandalas Adult Coloring Book  
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