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## Solace with Colors Mandalas: Adult Coloring Book (Paperback)

By Heidi Taylor

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. ABOUT THIS BOOK Instant gratification by seeing the results of your work is good for your wellbeing. Solace with Colors Mandalas consists of 100 intricate mandala patterns, carefully chosen nuggets of wisdom and inspirational anecdotes. Through the combination of these circular patterns and your imaginative thinking, you will be able to see immediate results of your endeavor. For the short term period, this will mend your tired mind instantly and improve your focus and mindfulness in the long run. The words of wisdoms carefully chosen for this book will also help you uplift yourself during tough times. Mandala patterns are sacred circular patterns that are proven to be beneficial to the mind of whoever makes an art of out them. For instance, when you begin selecting colors and style for an artistic endeavor through one mandala pattern, you will feel instantly relieved and held back from the constant distractions of the technologies around you. So, just enjoy and let the ideas flow. Take solace in knowing that restoring your lost joy is as simple as picking up crayons and this book.



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