



Easy Mandala: Notebook Journal (Paperback)

By Sharon Ficker

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Easy Mandala s is the second in the Coloring Therapy Notebook/Journal Series. It was designed to inspire you to color, doodle and draw. I know sometimes I want to just relax and color - nothing too challenging. When my eyes are bothering me, or I m overwhelmed with staying in the lines because my fingers are stiff and sore. Book 2 is my choice on these days. In book 3 you will find more challenging Mandala s for times when you are looking for the challenge of coloring in fine detail. Easy Mandala s is 160 pages. Included are 39 Mandala coloring pages (I leave plenty of room for you to add to or embellish), lined pages for notes/journaling with small boxes to check off when the item is completed, and blank pages for doodling. This is both a coloring book and notebook/journal perfect for de-stressing, relaxing and capturing your thoughts. You may find it useful for jotting down lists, personal reflection, a diary or relaxation therapy. Use it the way Sharon does to track her chronic illness in...

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