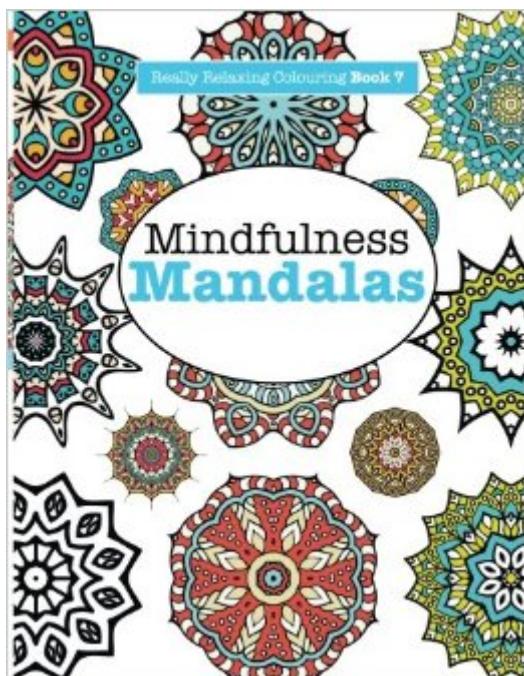


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# Really RELAXING Colouring Book 7: Mindfulness Mandalas: A Meditative Adventure In Colour And Pattern (Really RELAXING Colouring Books) (Volume 7)



## Synopsis

Really RELAXING Colouring Book 7: Mindfulness Mandalas - A Meditative Adventure in Colour and Pattern is a beautiful and relaxing creative colouring book for all ages ! Switch off, unwind, and unleash your inner creativity as you lose yourself in the flow of colouring in these stunning patterns and designs. Each of these beautiful individual designs are printed on a single page with the reverse left blank â€“ so no bleed through, and perfect whether you use pencils, pens or paints. Collect the whole â€“ Really Relaxing Colouring Bookâ™ series, or try our unique â€“ Cool Colouring Booksâ™ Collection too!

## Book Information

Series: Really RELAXING Colouring Books

Paperback: 64 pages

Publisher: Kyle Craig Publishing Ltd.; Clr Csm edition (March 18, 2015)

Language: English

ISBN-10: 190870750X

ISBN-13: 978-1908707505

Product Dimensions: 8.5 x 0.2 x 11 inches

Shipping Weight: 7.8 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ  See all reviewsÂ  (28 customer reviews)

Best Sellers Rank: #336,327 in Books (See Top 100 in Books) #205 inÂ  Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Mandalas & Patterns #676 inÂ  Books > Arts & Photography > Graphic Design > Techniques > Use of Color #1903 inÂ  Books > Health, Fitness & Dieting > Alternative Medicine > Meditation

## Customer Reviews

Great designs in this book, and many are full page rather than just one mandala in the middle of the page. The reverse side of each design is blank - to me essential in a coloring book for adults. Fun to color too.

Because of one click button i bought that instead of another, in my opinion nicer than this one. But the Mandalas in this book are nice, look like indian motifs, and to return would be more expensive than I had spent in the first place. Of the mandalas books, it is one of the nicest ones I have seen. 3 stars

Book is great, drawings fun and varied, some having more details. My only criticism is it could have thicker paper. I like dark color and found it can bleed to the next page (using Crayola colored pencils).

I bought this for our granddaughter for her 19th birthday. She loves it! Very relaxing. She said it's the best present she has received in a long time! Thanks ---

So fun. Got it for my 10 and 14 year old grand daughters. The book is suitable for older children and adults. Intricate designs. I purchased a good set of colored pencils to compliment the book.

My daughter wanted a meditation tool and says this was excellent to help her quiet her mind and focus.

Nice pictures, but thin paper and pages are not perforated.

Very thin sheets of paper with bad detail. Black outlines aren't thick at all and colors bleed through the cheap pages of this book compared to other coloring books out there.

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