



Mandalas Adult Coloring Book: For Meditation, Stress Reliever, Art Yoga for the Soul

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Mandalas are beautiful designs that will help you concentrate on coloring in order to help clear your mind. They will inspire and bring out the best of your creativity, as well as reduce stress and bring back balance. They can also be used as a means to deepen your meditation. If you can concentrate on the beauty of the mandala, the stress of your day will fade away.

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