



Adult Coloring Books for Beginners Vol 1: Sampler Sets - Mandalas & Patterns (With Beginners Guide) (Volume 1)

Joyce Lewis

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Are you looking for relaxation and destressing with additional benefits of memory improvement through coloring activities either alone or in groups? You get to be entertained while you head towards inner calmness and tranquility. At the same time, you are sharpening your mind while expressing your personal creativity. This book provides two of the most popular and exciting mix in adult coloring designs used in art therapy and zen coloring: mandalas and patterns. This is the first of a series of adult coloring books targeted at beginners. It comes with 25 mandalas and 25 patterns ranging from simple and easy designs to more complicated ones. This is really a sampler set for the beginners to try out various types of designs before deciding on other more advanced mandalas and patterns in the Series. Included is a brief chapter providing the beginners with the essential guide to proceed on the journey towards successful and enjoyable coloring. Now is the time to begin coloring and get immediate access to the range of mandalas and patterns purposefully designed for the beginners? All the benefits of coloring are yours to rediscover in this sampler set specially created for the adult-beginners. Special features of this book include the following: • Beginners Guide to Coloring • 25 easy and basic mandalas that are stimulatingly • 25 simple but yet inspiring designed patterns • You are free to make as many copies of the designs as you wish (for personal use) Switch off, unwind, and unleash your inner creativity as you lose yourself in the flow of coloring these elegant mandalas and patterns.

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