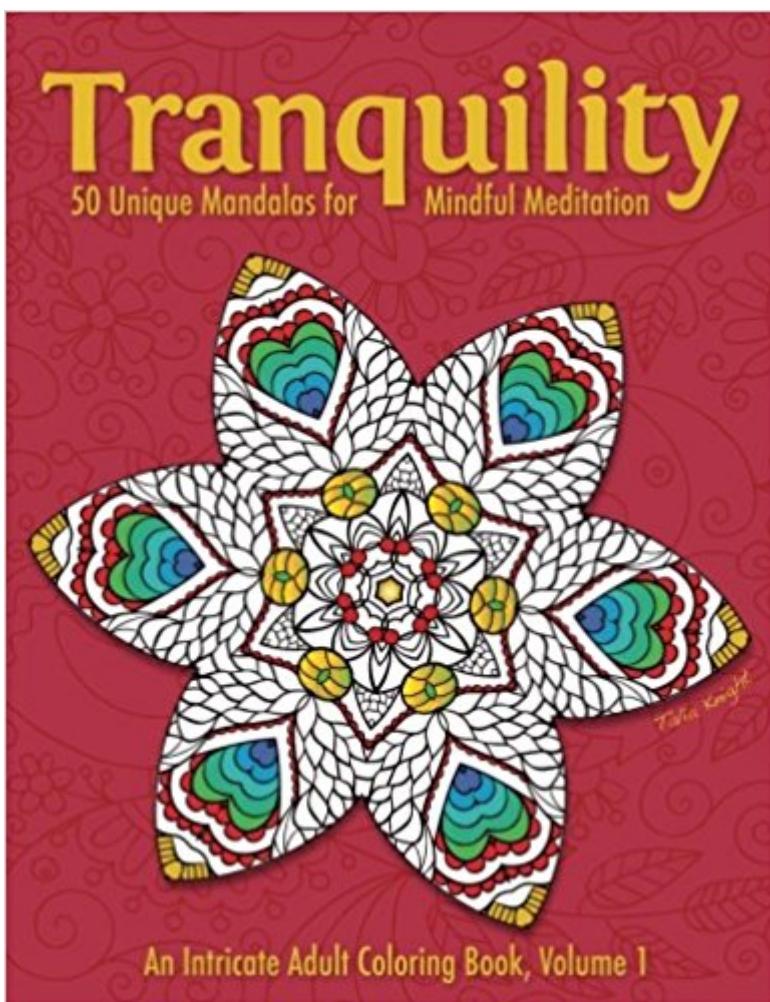


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# Tranquility: 50 Unique Mandalas For Mindful Meditation (An Intricate Adult Coloring Book, Volume 1)



## Synopsis

Experience yoga for your mind with 50 unique, beautiful, and intricate mandala coloring designs. Enhance your creativity and increase your tranquility as you mindfully color these mandala coloring pages. A mandala for every mood - pick from a variety of difficulty levels, from medium to intricate and complex. Focus on the art of coloring with clean, crisp lines in every drawing on a bright, white background. No pixelation! Bonus - get a FREE, downloadable PDF of all 50 mandalas. These high-quality, free printable coloring pages allow you the ultimate control over your paper quality. Single-sided coloring pages - these one-sided adult coloring pages have one picture printed on each piece of paper. Easy to use - the inside margin of this adult coloring book is large enough to allow you to easily finish coloring the mandala. You can cut out your masterpiece if you don't want to use the free printable coloring pages from the downloadable PDF. Get ready to relieve stress and get creative. When your mind is racing and your body overflows with stress, grab your favorite coloring medium and this book. Spend a few minutes adding color to these mandalas to color your way to peace and tranquility. Coloring when it's used as an active form of meditation can help you achieve mindfulness, experience flow, find greater balance and calm in your life, replace negative thoughts with positive, reduce anxiety, and de-stress. Coloring is yoga for the mind. How is coloring like yoga for the mind? How can coloring exercise and strengthen your mind? While at the same time lowering your stress and anxiety? The answer is both simple and complex. The simple answer is that the brain is an amazing thing. Like exercising any other part of the body, when we exercise the part of the brain that helps us relax and calm down, that part of the brain (the prefrontal cortex) gets stronger. The amazing thing is when we make our prefrontal cortex stronger, the fear and anxiety part of our brain (the amygdala) gets weaker. That's why mindful coloring can have so many great benefits for our bodies. This takes regular, daily time and effort, just like any other exercise. But at least this kind of exercise is fun! Who will like Tranquility: 50 Mandalas for Mindful Meditation? People who like: coloring books for grown-ups coloring books for teens coloring books for older kids coloring books for girls coloring books for boys (The flowing, geometric designs in many of the mandalas are equally appealing to both genders.) geometric coloring books complex coloring books stress relief coloring books advanced coloring books detailed coloring books mandala coloring books intricate coloring books If you want unique mandalas to color that you can't find anywhere else, then buy Tranquility: 50 Mandalas for Mindful Meditation today.

## Book Information

Series: An Intricate Adult Coloring Book

Paperback: 108 pages

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Product Dimensions: 8.5 x 0.2 x 11 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 8 customer reviews

Best Sellers Rank: #335,796 in Books (See Top 100 in Books) #205 in Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Mandalas & Patterns #364 in Books > Self-Help > Art Therapy & Relaxation #1992 in Books > Health, Fitness & Dieting > Alternative Medicine > Meditation

## Customer Reviews

Talia Knight is the pen name of the author/artist. She loves creating beautiful things, so she's had a delightful time creating coloring books for other people to enjoy. Talia considers herself the luckiest person in the world because she has the privilege of helping to care for her handicapped sister while living in the great state of Texas. When she's not spending time with her sister or playing with her many nieces and nephews, she's usually doing something with books. Creating, writing, editing, selling—you name it, she's probably done it.

I was impressed with the coloring pages. My children, ages 7 and 11, are enjoying the intricacy of these pages. They are able to complete a page in a few hours, which helps them to feel the accomplishment of finishing. Other pages take so long that they lose interest.

This is a beautiful coloring book. The book is well made and includes one image on each page, mostly floral in nature. I appreciate that the pages are thick, and that there is a "scratch page" at the end of the book for you to test different mediums, doodle, or whatever you like!

I have several of these coloring books and am enjoying each one. They are intricate enough to engage my creative side and yet simple enough that I can listen to lectures or books and still keep my hands busy. On a 20 hr flight to Australia I was looking for something calming to do with my

hands while I listened to a book and this is the perfect answer. The pictures are also engaging for my kids and help keep them busy during church in the same way. Great thing to have on hand for so many times when you need a little calm and a little focus.

I was pleased with this coloring book. It's 8.5 inches by 11 inches. The diameter of the mandalas are about 7 and a quarter inches. Since the mandalas are centered on the page, there's extra room on the top and the bottom for me to rest my hand as I'm coloring. Another thing I liked was the variety of mandalas. Some of them are quite complex and will take a long time. I'd put others in more of a medium category, where I can finish it in one sitting. There aren't perforations on the page, but there is a download link at the end of the book so I can print out as many pages as I want. Perfect for my family! And there is enough space between the binding and the mandala that I can pretty easily cut it out with a knife.

I have loved how this color book has brought calmness and peace back to my students who struggle with emotional difficulties in school. I have seen first hand the power of meditation through coloring. I would recommend this book to all teachers.

What a beautiful book! Loved all the designs that were intricate but not too complicated to follow. It lives up to it's name - Tranquility!

My kids and I love coloring in this book. It is very peaceful and calm and for me and I'm 41 years old. I love it

It's just alright. Nothing to blow your socks off.

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Relaxation: 50 Unique Mandalas for Mindful Meditation (An Intricate Adult Coloring Book, Volume 5)  
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