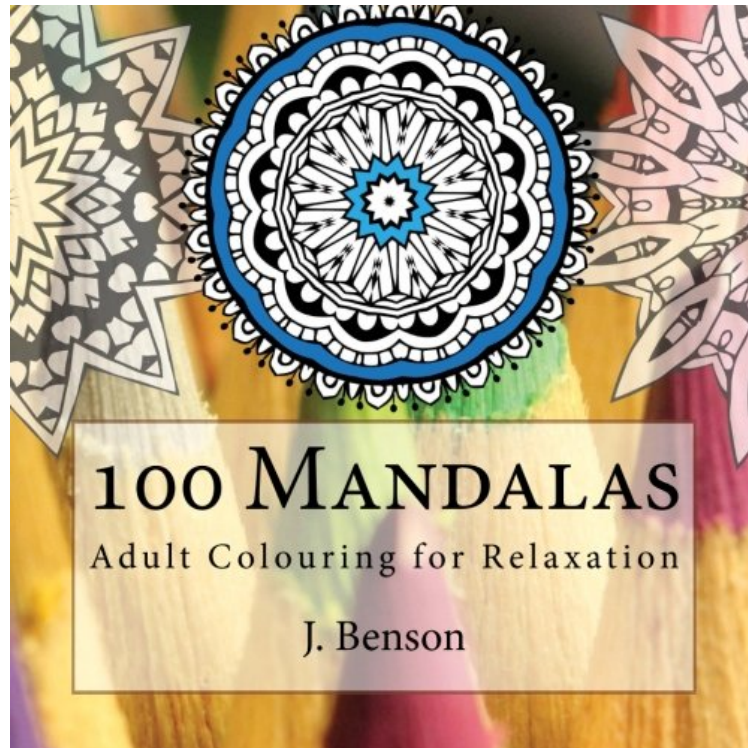


100 Mandalas: Adult Colouring for Relaxation (Mindful Mandalas) (Volume 1)

J. Benson

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J. Benson : 100 Mandalas: Adult Colouring for Relaxation (Mindful Mandalas) (Volume 1) before purchasing it in order to gage whether or not it would be worth my time, and all praised 100 Mandalas: Adult Colouring for Relaxation (Mindful Mandalas) (Volume 1):

19 of 19 people found the following review helpful. A decent option when you're short on time.By JackieThis book is not what I expected, but still a decent option if you're limited on time. The book title is printed on the left side of every page, with 4 mandalas printed on the right side. The pages are not perforated but if you tear carefully you should be able to pull out a page without tearing into the designs.Also, the paper is very thin, and as you can see from the pictures the titles can be seen through the paper. Not necessarily a deal breaker, as long as the title ink does not show up once the overlapping portion of that mandala has been colored in. I'll have to test that though. If that happens you can always scan the pages and print onto your own paper so there's no bleed through.1 of 1 people found the following review helpful. Great Little Book!By Cindy PickeringThis little book is great! I usually prefer the very tiny intricate coloring pages, but when you have to wait for a doctor's appointment, you don't want to haul around a bunch of pens, pencils, or markers! Nor is the light good enough nor do you have much space! So this is perfect for those times! Sometimes it will take me several days of coloring to finish one of the big ones, but these you can easily do in 20 minutes! With maybe 5 or 6 colors! So it is perfect for those who can't see really well, or do not want to spend hours on doing a picture! And the smaller size means you can use them to make a card for a friend that is really a gift--of

your time and patience! So I recommend if you are thinking about trying to do some coloring that you try something like this first! And good luck to those that do--I find it is the best way to ramp down from a busy day and get ready for some good sleep!! And I love doing something creative that someone else helps to set up for me! A blank piece of paper makes me nervous! These give you an outline and you decide everything from there! Highly recommended for a beginner!!5 of 5 people found the following review helpful. Small not largeBy AnnaI was disappointed with this book instead of having 1 mandala on each page they have 4 little ones about 3-4 inches apiece .

Ready for a quick, mindful colouring session? 100 Mandalas is the perfect choice for bite-sized colouring sessions!One Hundred Mandalas is an adult colouring book containing pages filled with 100 colouring mandalas designed specifically to help achieve a state of relaxation. Colour them in with a pen or pencil to help find your own state of inner peace and tranquility, and explore your own spirituality.