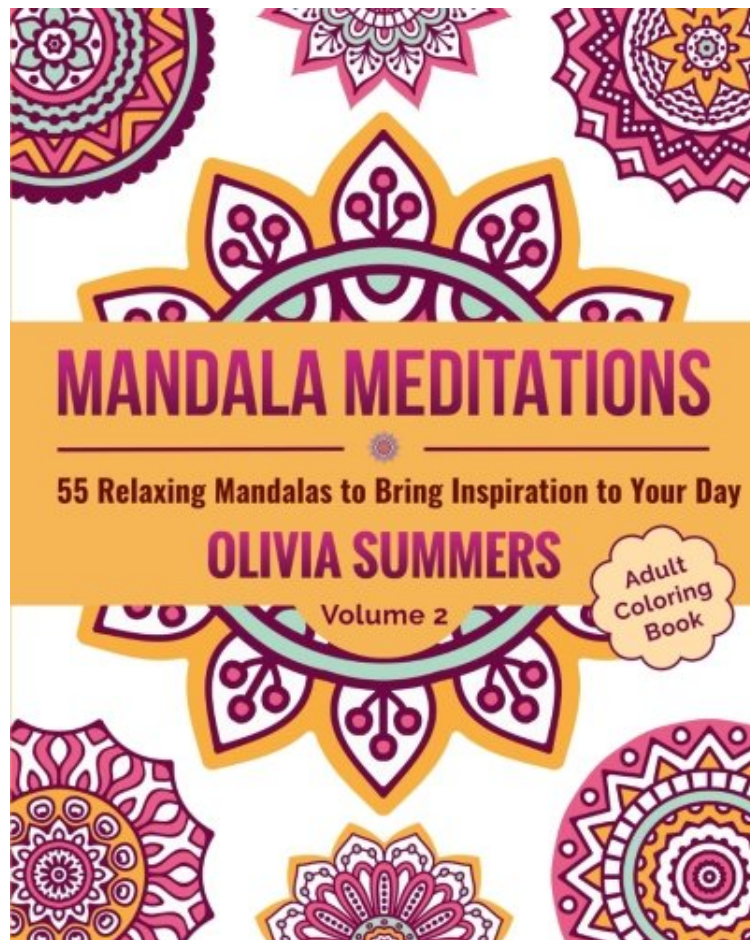


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## Adult Coloring Book: 55 Relaxing Mandalas to Bring Inspiration to Your Day (Mandala Meditations) (Volume 2)

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About the AuthorOlivia Summers is a certified yoga instructor who has been practicing for more than 15 years. She considers yoga her life calling and enjoys teaching her craft to students everyday in her home studio. It is one of the most fulfilling and rewarding parts of her life and she feels fortunate that she gets to share her passion with all of her students and readers.Ever since starting yoga she has seen so many positive and life enhancing benefits from it. She has experienced first hand the profound growth yoga brings to it's practitioners not just physically but also mentally and spiritually. She enjoys seeing the wonderful improvements in peoples lives through yoga. Improvements such as being more mindful, having more energy and living happier more authentic lives. It's experiencing these amazing life changes that keep her motivated to continue teaching and writing on the topics of yoga and well being in general.Not only has yoga been a great stress reliever and positive force in her life, but it's also led her to live a more mindful life. She spends each morning after waking up meditating, speaking her gratitudes and visualizing. These habits have taught her to be more mindful in each moment and to look for the positive in every situation.Her true purpose in life is to give others the same opportunities to experience amazing life changes that she has had through practicing yoga and living a healthier lifestyle. That's why she started writing--"An insatiable need to share all that I've learned with the world".She loves learning and sharing knowledge! Her hope is that her words help inspire others to be the best versions of themselves.Olivia currently resides near Asheville, NC. When not writing and teaching yoga she enjoys hiking, gardening and reading books on self development and improvement.