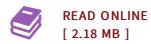




## The Little Book of Colouring for Calm: 100 Mandalas for Relaxation in Minutes

By Gauding Madonna

Paperback. Book Condition: New. Not Signed; Description: Mandala colouring is an enjoyable pastime, but its benefits go far beyond having fun. Colouring intricate designs demands mental focus and concentration, similar to the concentration you can develop during meditation. This collection of 100 designs by respected expert Madonna Gauding will help you to you to silence your mental chatter, achieving a kind of mindfulness that will leave you refreshed, calm and focused. book.



## Reviews

This publication can be really worth a go through, and a lot better than other. It is actually writter in straightforward words and phrases instead of confusing. I discovered this pdf from my dad and i suggested this publication to learn.

-- Jackeline Rippin

A high quality book and also the font employed was intriguing to read. I was able to comprehended every thing out of this created e book. You wont really feel monotony at whenever you want of the time (that's what catalogues are for concerning should you check with me).

-- Prof. Johnson Cole Sr.