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Master Mandalas: Stained Glass Inspiration: A Colouring Activity Book to Promote Mindfulness (Paperback)

By Ren

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.48 pages, printed on one side only, for ease in displaying and crafting (note: Amazon includes the blank backsides in their page count, which translates to 96 pages in their book description). Equal parts colouring book, activity book, creative thinking prompts, and empowering text, Master Mandalas: Stained Glass Inspiration stands out as an essential tool for helping to heal the body, mind, and spirit. Enrobed within the thick, lush brushwork are influences from numerous world cultures and art movements, creating a sense of timelessness for your meditative explorations. Embark on a journey of colour, and emerge a stronger, more confident, and more mindful creative individual. Most colouring books available today are whimsical, featuring illustrations that are childlike or yin (feminine) in nature, and focus on stress reduction. This Master Mandalas book features elegant and powerful artwork that is yin-yang balanced, to appeal to women and men equally, and is especially suited for those who are in the healing process, whether physically, mentally, spiritually, or all of the above. Those who suffer from depression, creative burnout, and anxiety will benefit greatly...



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