

Zen: 50 Mandalas to Help You de-Stress (Paperback)



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Reviews

*The very best book i actually study. It is actually written in easy terms and never hard to understand. Your daily life period will probably be enhance when you total looking over this publication.
(Edna Rolfson)*

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Hamlyn (UK), United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book. Mandalas are traditionally used to help focus attention during meditation. In this notebook you will find 50 traditional and contemporary mandalas to color in as you wish. There are absolutely no rules - you can choose any combination of colors you like. As you concentrate on the simple action of coloring in, you will find your mind clearing and stress disappearing.

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