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Mandala Coloring Book, Volume 2: Adult Coloring Book: Stress Relieving Patterns (Paperback)

By Rabbit in a Snowstorm

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Language: English . Brand New Book ***** Print on Demand

*****.Relieve your stress in a fun and positive way! ??? Be a

child at heart! ??? Have your stress, anxiety, and fear

disappear with our Mandala Coloring Book! Mandala means

circle in sanskrit. Enjoy over 50 Mandala patterns that is a

surefire way to have fun with your friends or family. Prescribed

by Psychiatrists for over 100 years! Adult coloring books are

prescribed by Psychiatrists to help them deal with their stress,

anxiety and fear. Famed psychologist Carl Jung specifically

recommended Mandala Coloring Books to his patients!

Coloring Reduces Stress and Anxiety Coloring has an effect

that relaxes the fear center of your brain. Therefore relaxing

you mentally and physically. But wait, there s more! Helps you

stay in the present - Coloring helps you focus what s in front of

you Express yourself - Color however you want and no one is

going to judge you for going over the line. Scroll to the top and

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-- Dr. Catherine Wehner

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