



# **Mandalas: Coloring Book for Adults: 300 Mandalas in 1 (Mosaic Coloring Books, Coloring Books Calm, Mandalas for Adults, Mandalas Patterns, Mandalas to Color, Mandalas and More)**

*Tikka Mandala*

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## **Become calmer and more peaceful by coloring**

Instead of just putting a few dozen mandalas in one book, I thought, “Why not combine the books I have and give my customers a discount?” So here you go: 300 mandalas in one book. Coloring mandalas has been proven to relieve stress and calm the mind. It’s also fun and triggers peaceful childhood memories. People use it when practicing Zen or mediation, and therapists even recommend it to those who are overwhelmed or looking for some creativity or fulfilment. So go ahead and get one of the best deals out there: 300 mandalas to color in one book.

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