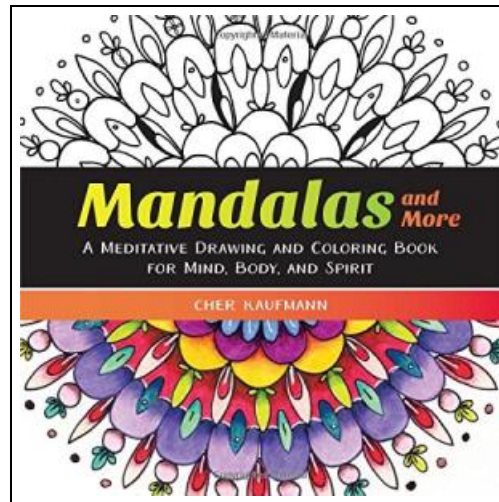


Mandalas and More: A Meditative Drawing and Coloring Book for Mind, Body, and Spirit



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Reviews

Definitely among the best book I have possibly read. I have study and i am sure that i will going to go through once more once more later on. Your lifestyle span is going to be convert when you full looking at this publication.
(Prof. Damon Kautzer III)

MANDALAS AND MORE: A MEDITATIVE DRAWING AND COLORING BOOK FOR MIND, BODY, AND SPIRIT



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Countryman Press Inc. Paperback. Book Condition: new. BRAND NEW, Mandalas and More: A Meditative Drawing and Coloring Book for Mind, Body, and Spirit, Cher Kaufmann, You've mastered the art of coloring--the secret, of course, is that there's nothing to master. Now it's time to welcome back your inner child, who remembers doodling with pen and pencil on every available surface. In this book, Cher Kaufmann encourages readers to pick up a pen again and have some fun. But this isn't just a drawing, scribble, or doodle book; it offers a meditative journey to confidence and joy. A blank page is a beautiful thing, especially when your mind, body, and soul are ready to accept that and allow creativity to flow. Coloring aficionados and doodle lovers alike will find something to embrace here, as it inspires readers to: * Build patterns through simple repetition of circles, squares, or triangles * Use templates, such as cookie cutters or interesting shapes, to jump-start a design * Begin a drawing from scribbles in the book * Finish drawing the second half of an existing design * Create open designs and mandalas, specifically for coloring * Color some of the finished designs used as examples throughout Rather than learning to draw, you'll be inspired to observe the world in a new way, creating art effortlessly.



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