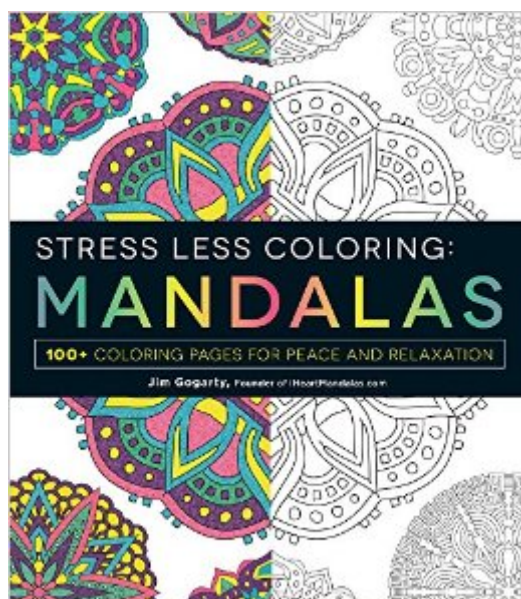


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Stress Less Coloring - Mandalas: 100+ Coloring Pages For Peace And Relaxation



Synopsis

Free your mind with dozens of enlightening mandalas! For centuries, mandalas have helped those seeking peace and inspiration find balance in their lives. Now, with Stress Less Coloring: Mandalas, you can use these sacred circles to calm your mind, relieve stress, and manage anxiety in a therapeutic way. Each page encourages you to concentrate on coloring and shading in 100 detailed mandalas. As you use your own unique palette to fill in these designs, you'll be able to feel your focus shift onto something fun and new, releasing any tension you may have felt. Whether you're new to art therapy or have been coloring for years, this book will show you how to put your mind at ease and foster creativity--one mesmerizing mandala at a time.

Book Information

Series: Stress Less Coloring

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Average Customer Review: 4.6 out of 5 stars Â See all reviews Â (73 customer reviews)

Best Sellers Rank: #14,037 in Books (See Top 100 in Books) #10 in Â Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Mandalas & Patterns #25 in Â Books > Self-Help > Art Therapy & Relaxation #38 in Â Books > Arts & Photography > Graphic Design > Techniques > Use of Color

Customer Reviews

WOW! Who knew how FUN it is to color again! And this book is your BEST BET! Did you know Carl Jung used to have his patients color mandalas to help them access their subconscious? It works! When I'm coloring I completely stop worry shopping, and focus on my bright future. Mandalas represent the cosmos symbolically, a microcosm of the universe. Love what this kind of coloring does for me. It sets my underdeveloped artist free!

Pretty good, but his first one was better, IMO. Here's why: The paper quality of this one is cheap, almost like copier paper. In the first book ("The Mandala Coloring Book") the paper was heavier and

gripped the colored pencil better (I use only colored pencils). Also the lines in this new one are too thin making it too easy to go out of the lines. It's not stress-free when you find yourself struggling more to stay in the lines. The first book had thicker (but not too thick) lines which made for more stress-free coloring. Also, in this book the pages aren't numbered! Sometimes if I don't finish a picture I want to go back later. how to do that w/ no page numbers (other than sticking something in the book). So I ended up numbering the pages myself. Annoying. The mandalas themselves are pretty good but it seems like Jim felt he had to make them more complicated than in the first book so there are strange embellishments on many of them which in most cases only makes it harder to color. I really love the first book (which is why I bought this book) due to the very fact that many of the mandalas were rather simple which made them fun and easy to color. Adding dots and strange little "hairs" don't add to the coloring enjoyment. Jim used a different publisher for this book so I fault the publisher more for the cheap paper quality, thinner lines, and no page numbers. Jim is a great mandala artist and I appreciate what he does very much and hope he continues but I hope he goes back to the original format of thicker lines and heavier paper (and page numbers). These are just my opinions, yours may vary.

I loved the authors first book, but this one is even better; with more beautiful, inspiring mandalas than ever! I have recommended it to all of my friends and family (some of which will be getting a copy for Christmas) as a fantastic way to reduce stress. Within 5-10 minutes I find myself lost in symmetry and colour and my anxieties just melt away. The book is laid out in a way that I am able to take my favourite pieces out, and put them into frames. I've even used one or two to personalise a card. Thanks so much for such a fantastic book, which I could not recommend highly enough!

These pages contain pictures to color that are not only "Stress Free", as advertised, they are also immensely "Stress Reducing". This was the second book of Mandalas I have purchased. The first one was fairly simple and a good starting point. This book is a bit more difficult. And, while it's tougher to color in terms of more complicated designs, some smaller areas to color and a good deal more areas to color, the "authors"/designers have created mandalas that seem to be easy to pick out color schemes that are both lovely and cohesive, when finished. I'm honestly an engineer, NOT artistically inclined at all Yet I've created some really gorgeous pictures that a couple people have asked to frame. I will also point out that I watch a lot of television. I've taken to coloring while watching. I usually watch programs after recording so I can fast forward through commercials. Since I've taken up coloring, especially in this book, I will simply let the commercials play, as I color

through them, not wanting to stop and fast forward through the advertisements. When I've finished this book, I plan to find another 'coloring book' by the designer/author. I've bought other books that claim to be "stress free" and turned out to have such small spaces as to be "un-colorable" or designs that are basically black and white completed drawings that simply call for a watercolor wash to complete them. Those collections I find are "stress inducing". This book is (almost) totally stress-free! I highly recommend it.

This is really good for me as a starter coloring book because the patterns are not as intricate as some of the others I have seen. My eyesight requires me to wear reading glasses and these designs suit my vision needs. The only thing I wish this book had is pages that can be removed with perforated edges. Other than that, I love it! Thank you for offering it.

Love this book. Mandalas are printed on one side only. Great for markers or any medium you like.

I'm into the craze. Sometimes I like to put a lot of thought into how I color. Other times I just want to relax. This book is great for that. Pick a page. Pick 3 - 5 colors and start coloring. As the patterns are repetitive, you repeat a color in the same part of the pattern. No heavy thinking and planning. As long as your choice of colors work together, you get a beautiful picture.

This Mandala Coloring book is very nice the paper is on the heavier side and printed on one side. The pictures are very different on each page. I use colored pencils and the colors come out beautifully. I have had no problem with color bleeding through or marking next page. I am very happy with this book. I feel the book is priced right.

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creative relaxation--30 original designs + 4 full-color bonus prints--Easy tear-out pages for framing