



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

By Hamlyn

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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Reviews

Very beneficial to all of type of individuals. This can be for those who statte that there had not been a really worth reading. You will not really feel monotony at at any time of your respective time (that's what catalogs are for concerning should you ask me).

-- **Michale Shields**

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-- **Santa Lowe**