



# Adult Coloring Book: 46 Mandalas and Zen-Inducing Patterns

*Jessica K. Matthews*

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Let's face it. We all experience varying degrees of stress in our daily lives. The good news is that there is an ultra easy and effective method of relieving that stress. All you have to do is to start coloring.

Why coloring? There are many theories out there as to why this works. Some experts have suggested that the de-stressing effect of coloring is due to our minds being pre-occupied by the physical and mental act of coloring as opposed to the source of our stress. Others have argued that coloring enables us to relax by bringing us back in time to the care-free days of our childhood. Whatever the case may be, all we know is that it just simply works!

Here is what you can expect to find inside this coloring book:

- 46 pages of zen-inducing patterns for your coloring enjoyment
- single-sided printing to address the issue of color seeping through the page\*
- patterns that progress in complexity as you advance through the book

\*For best results, it is recommended that only coloring pencils and crayons be used.

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