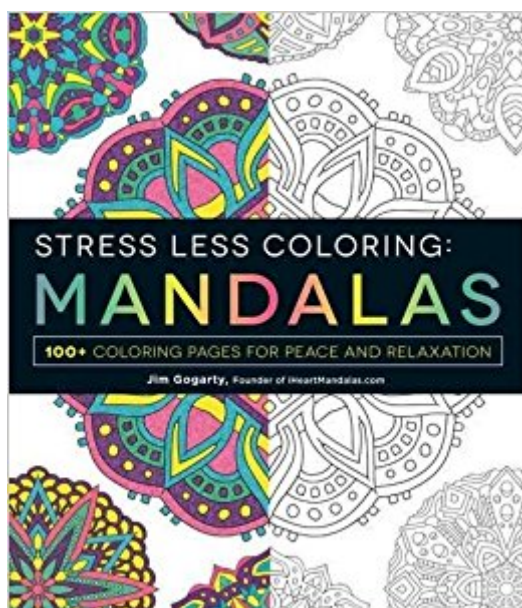


The book was found

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

Paperback: 208 pages

Publisher: Adams Media; Clr Csm edition (September 4, 2015)

Language: English

ISBN-10: 1440592888

ISBN-13: 978-1440592881

Product Dimensions: 8 x 0.5 x 9.1 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 110 customer reviews

Best Sellers Rank: #145,033 in Books (See Top 100 in Books) #102 in [Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Mandalas & Patterns](#) #183

[in Books > Self-Help > Art Therapy & Relaxation](#) #275 in [Books > Arts & Photography > Graphic Design > Techniques > Use of Color](#)

Customer Reviews

"Stress Less Coloring: Mandalas offers a creative path to calm the mind." --Spirituality & Health

Jim Gogarty has had a passion for drawing for as long as he can remember, ranging from crayons to felt tips to today's digital pen. He began drawing mandalas in 2005 after a spiritual awakening during meditation. Since then, he has worked to turn this love for the symmetrical patterns into a career. He currently runs iHeartMandalas.com, where he brings these images to life.

I was pleased to receive this Mandalas coloring book. I've been wanting to try out a Mandalas book

for some time, and I was very thrilled with book. What I like about this book is the pictures are only printed on one side of each page. The designs are nicely printed and not too small like in some adult coloring books. This book would be great with any medium you prefer. I definitely recommend this book and the author to anyone that likes Mandalas.

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.

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

I was extremely disappointed in this coloring book. I like fine detail work & these mandalas are all large areas to color. If you like that type of coloring then the book would be great for you. I love the Stress less paisley book I have! Just wish this one had fine detail work like the paisley one. I returned this book

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 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.

Lovely mandalas, but several of the drawing are missing a few tiny lines here and there. It's super frustrating for those that enjoy the perfectionist / perfect symmetry.

The pictures are OK. I've purchased books I like much better, but it's not terrible. The pages are thin, so if you use markers that bleed, this is not the book for you. I guess, for the price, this isn't bad.

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Coloring Book: #Mandalas is Coloring Book No.6 in the Adult Coloring Book # Series Celebrating
Mandalas (Coloring Books, Stress Relief, ... Series of Adult Coloring Books) (Volume 6) Stress Less
Color-By-Number Mandalas: 75 Coloring Pages for Peace and Relaxation Magical Swear Word.
Adult Coloring Books: Relaxation and Stress reduction: 30 Stress Relieving Magical Sweary
Designs : flowers, mandalas, patterns. ... Anxiety and Stress (Swear Word Coloring Book) Mindful
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Women Teens Children & Seniors Featuring ... Relaxation Stress Relief & Art Color Therapy) Adult
Coloring Books: Mindfulness Mandalas: A mandala coloring book for adult relaxation featuring
stress relieving coloring pages for adults including henna flowers geometric & animal designs
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Relieving Patterns for Adult Relaxation, Meditation (Mandala Coloring Book for Adults) (Volume 1)
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Paisleys for Stress Relief Relaxation and Zen Adult Coloring Books: Mandala for a stress relieving
experience (mandalas, stress relief, reduce stress, coloring books, relax) Hand-Drawn Mandalas

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