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## Joyful Coloring Moments: Wonderful Images and Mandalas to Color Alone or with Friends! (Paperback)

By Maja Fi Er

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The book Joyful coloring moments is coloring book for adults and gives you a lot of pleasure to color 76 wonderful and very detailed mandalas and images. This book is great for children, adults and elderly people. You can color alone or with your friends and it is fun. Coloring is like a meditation and helps you to get out of your head into your heart. It is also very therapeutic. Studies shows that coloring helps by anxiety and stress, because concentrating on coloring an image replace negative thoughts with the pleasant ones. Joyful coloring moments will bring you a lot of inner peace and creative joy. Immerse yourself into your own word of imagination and play!.



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