



Handy Little Colouring Book for Adults - 2: Travel Size Mandalas to Colour on the GO (Travel Colouring Books) (Volume 2)

Charlotte George

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Handy Little Colouring Book for Adults - 2

Adult colouring has become widely popular and recognized as a great tool to reduce stress and develop a peaceful mind. Some mental health professionals have recommended the use of colouring books for their patients to help them deal with everyday stress.

The UK Alzheimer's Society recognise that colour can play an important role in managing Dementia. They say that the use of bright colours keeps the mind active and can slow memory loss and confusion.

Health benefits aside, colouring has always been about letting your imagination spill out onto a page and creating something special and unique.

This book is filled with 30 beautiful and detailed Mandalas so you will always have a little book of colouring therapy to help you through your day.

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