



**Mandalas for Mindfulness Volume 2: 31 Mandalas
& Inspirational Quotes to Help Relieve Symptoms
of Stress, Anxiety & Depression, Adult Coloring
Book Series by ColorYourWayToHappy.com**

Nerine Martin

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Mandalas for Mindfulness, Volume 2 contains 31 mandala designs suitable for all levels of coloring experience plus 31 inspirational quotes, to help the colorist reinforce a positive mindset, all while enjoying their coloring. Coloring has been found to be a mindful activity that can help reduce symptoms of anxiety, depression and stress levels, as well as having a calming effect on the mind and body. Choose to color when you start to feel anxious or stressed, and allow yourself some 'me time' to relax and practice being mindful every day, through your coloring experience. • Designs range from simple to more intricate so you can color and complete a mandala every day of the month. • Suitable for colored pencils, gel pens, felt-tip markers and crayons. • Printed on one side only to avoid any bleed through from markers. • A positive quote can be found on the opposite page to each mandala design. • Preview all designs before buying, on our website. • Great gift idea for the sick; people in hospital; Anxiety, Depression & PTSD sufferers; the elderly; kids; anyone wanting to de-stress their life; or just wanting to have fun! The Color Your Way To Happy adult coloring book series, offers you an escape from the daily pressures of life, to a relaxing state of calm and mindfulness. Grab your copy today and go 'Color Your Way To Happy'.

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