



Adult Coloring Book: For Elderly (Paperback)

By Splash Coloring Books

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Large Print. Language: English . Brand New Book ***** Print on Demand *****.Enjoy 50 mandala designs that are no too intricate nor too simple, perfect for a relaxing session of coloring. With over 50 mandala designs for you to de-stress and color. Add little or as many colors as you like and make them your very own works of art. A wide variety of designs to choose from, work with any medium of your choice and reduce your day-to-day stress. Coloring will help your inner child come out and have a fun time, and at the same time a form of meditation that will help you unwind. The gentle motions of your hand as you color helps you bring your usual thoughts down to a slower pace. Mandalas are known to be meditative and spiritual. They are believed to help you connect to a higher power. So bring out your colors and express your mood with these 50 creative Mandala designs in Adult Coloring Book for Elderly - Volume I. These designs are especially for people who are looking for a relaxing experience and who are not experts at coloring yet. This...



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Reviews

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