



**Divine Flowers Mandala Coloring Book: Adult
Coloring Book with 108 Flower Mandalas
Designed to Relieve Stress, Anxiety and Tension
[Art Therapy Coloring Book Series, Volume Two]**

The Mindful Word

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Divine Flowers Mandala Coloring Book: Adult Coloring Book with 108 Flower Mandalas Designed to Relieve Stress, Anxiety and Tension [Art Therapy Coloring Book Series, Volume Two]

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The mandala is an established tool for transformation, having been used throughout various spiritual traditions over the centuries. Though it was traditionally used as an aid for meditation and contemplation, it has more recently been employed as a therapeutic tool, particularly in art therapy. Research has found it can be effective at relieving stress, anxiety and tension, as well as providing various other benefits.

Divine Flowers Mandala Coloring Book is the second volume in The Mindful Word's Art Therapy Coloring Book Series. This book provides 108 floral mandalas for you to color—printed only on one side of the page to reduce bleed-through (32 pages of intricate full-page mandala designs and 18 pages with multiple mandalas printed on them). In addition to having 108 mandalas, the book also has also been designed to have 108 pages to coincide with the sacred spiritual number of 108. The book also contains an introduction to art therapy, written by an art therapist, as well as some info on what mandalas are, their benefits and how to use them.

Ten percent of the proceeds from the sale of this book goes towards enabling youth in developing countries to access better educational opportunities. This money is being donated to Build to Learn, an initiative started by The Mindful Word.

This book features:

- 108 floral mandalas to color
- Mandalas printed one to a page to reduce bleed-through
- Introduction to art therapy, written by an art therapist, as well as info on what mandalas are, what their benefits are and how to use them
- 8.5 x 8.5 inches (large-format / square)
- 60 pound (90 gsm) white-colored paper
- Perfect bound matte cover on 10 pt stock

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From reader reviews:

Pauline Stern:

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Patricia Howard:

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Edward Cottrell:

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Debra Heffner:

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