



Coloring Books for Big Kids: Mandalas (Paperback)

By Nancy Cardinali

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ****** Print on Demand ******. Coloring Books for Big Kids: Mandalas is the first in a series of coloring-book style designs for adults who desire relaxation from the every day stress of our busy, electronic world. Use colored pencils, pens, paint or any other method of applying color to paper for your own entertainment, to increase your creativity and to keep your mind sharp. Color has a definite impact on our senses. Spending time before bed coloring can create a feeling of happiness, tranquility and a sense of calm to help you sleep better. And when you have completed a design you can shout, Look what I did! and put it on the fridge door. Get your 15 Minutes of Fame. Color 4 Big Kids presents a series of coloring books, calendars and other colorable items to help adults reconnect with that inner child. Here, you can color outside the lines, make a rose green and a leaf purple. Using color and the act of focusing on a creative process can help relieve the tensions of this chaotic, electronic world. Color. Create. Calm. And most...



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