



## Easy Mandala: Notebook Journal (Paperback)

By Sharon Ficker

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Easy Mandala s is the second in the Coloring Therapy Notebook/Journal Series. It was designed to inspire you to color, doodle and draw. I know sometimes I want to just relax and color - nothing too challenging. When my eyes are bothering me, or I m overwhelmed with staying in the lines because my fingers are stiff and sore. Book 2 is my choice on these days. In book 3 you will find more challenging Mandala s for times when you are looking for the challenge of coloring in fine detail. Easy Mandala s is 160 pages. Included are 39 Mandala coloring pages (I leave plenty of room for you to add to or embellish), lined pages for notes/journaling with small boxes to check off when the item is completed, and blank pages for doodling. This is both a coloring book and notebook/journal perfect for de-stressing, relaxing and capturing your thoughts. You may find it useful for jotting down lists, personal reflection, a diary or relaxation therapy. Use it the way Sharon does to track her chronic illness in...



[READ ONLINE](#)  
[ 8.14 MB ]

### Reviews

*Complete guideline! Its this type of great read through. it absolutely was writtern quite perfectly and helpful. I am very happy to explain how this is basically the best book i actually have read through during my personal life and can be he very best book for at any time.*

*-- Joshua Gerhold PhD*

*A very awesome book with perfect and lucid reasons. It really is basic but shocks within the 50 percent of the book. Its been designed in an exceptionally easy way and is particularly merely right after i finished reading this ebook where in fact changed me, change the way i think.*

*-- Meagan Roob*