



## Mandala Circles: 50 Mind Calming and Stress Relieving Patterns (Paperback)

By Audrey Wingate, Wmc Publishing

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Mandala Coloring Books For Adults Represent The Oldest Form Of Coloring For Grown-upsWhether we are talking about traditional Tibetan, Indian, Celtic, Buddhist, Zen or Native American mandalas, or modern patterns which are probably better described as being in a mandala style, mandalas and mandala artwork have been used for many years for healing and meditationColoring is something which has been associated for a long time with children and it has been accepted that, as we mature, we put aside our crayons and turn our attention to more grown-up pursuits. In recent years however we have seen this wisdom being rejected and coloring for grown-ups has become a widespread and growing pastime.But why has coloring for grown-ups become so popular? There are many explanations for the explosion in adult coloring, but here are just some.Coloring Reduces Stress And AnxietyPsychiatrists have long recognized the fact that coloring relaxes the fear center of the brain and allows your mind to get some rest. In fact the founder of analytical psychology, Carl Jung, is known to have given his patients mandalas to...



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