



# Mandala Adult Coloring Book: 60 Intricate Stress Relieving Patterns Volume 2

*Omar Johnson*

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We all face stress on a daily basis. Whether it's from work, dealing with kids, relationships, traffic, bills etc, stress is constant and we need relief from it. One of the best and inexpensive ways for adults to relieve stress and anxiety is by coloring images. Coloring is soothing and it allows you to rejuvenate your mind, body and spirit. It also allows you to detach yourself from everyday distractions and unwind. It's a form of meditation and art therapy. To help you relieve your anxiety and stress Omar Johnson presents to you volume 2 in his series entitled "Mandala Adult Coloring Book". This is a special and unique coloring book for grownups and features 60 intricate stress relieving patterns that will keep you focused and entertained from start to finish.

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