



# **The Best of Flower Mandala Coloring Books for Adults Volume 2: A Stress Management Coloring Book For Adults**

*Arlene R. Lively*

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Complete with expert instruction and helpful design tips, *The Mandala Coloring Book* will help you find your inner calm and creativity every day.

Coloring mandalas—traditional, intricate circular designs—can be a meditative, relaxing, and creative practice for children and adults alike. Begin your journey to calm with this beautifully packaged book, which presents mandalas for your drawing pleasure. Choose the colors you want and treasure, frame, and display the final art.

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