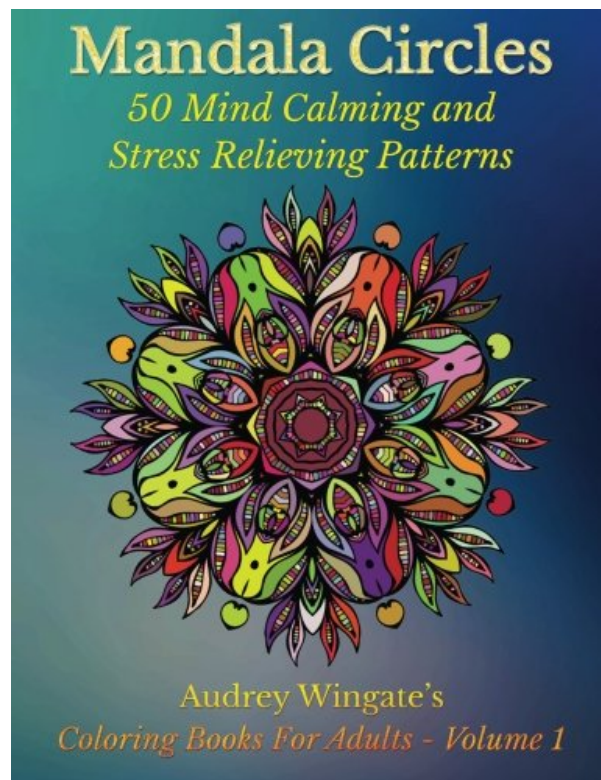


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Mandala Coloring Books For Adults Represent The Oldest Form Of Coloring For Grown-ups

Whether 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 meditation

Coloring 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 Anxiety

Psychiatrists 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 color over one hundred years ago. In today's hectic world the stress reducing properties of coloring are possibly more valuable than ever.

Coloring Trains Your Mind To Focus

Staying inside the lines as you color a simple black and white line drawing takes focus and, while you are concentrating on this stress-free and relaxing activity, you can forget about your worries. Coloring is a mental exercise which lets you put aside everything else for the time you spend coloring, and this is extremely important in our hectic world.

Coloring Helps To Develop Motor Skills And Vision

Coloring forces the two sides of the brain to interact and involves the use of logic (necessary for coloring forms) and creativity (as we mix and match colors). This, in turn, brings the areas of the brain concerned with vision and fine motor skills into play, and helps in keeping these active and in developing them further. It is this aspect of coloring which is being increasingly seen as particularly valuable for older individuals, as many professionals believe that it can delay, or even prevent, the onset of dementia.

Coloring Provides The Opportunity To Be Social

Although you might feel that coloring would be a purely solo occupation, its growing popularity is fast

turning it into a social one. Families, friends, colleagues and others are now getting together to enjoy something to eat and drink and the chance to socialize, through their common interest in coloring. Indeed, this is a perfect excuse for partying, as coloring needs only minimal concentration and can easily be done in a group.

Coloring Allows You To Be Yourself

There are no rules when it comes to coloring and your coloring book is just that - your coloring book. If you accidentally color the cat's rear leg green because you mistook it for part of the grass, who is going to care? Should you feel like making the sky yellow, does it really matter? You may be as creative and experimental as you wish because this is your coloring book, and yours alone.

You may of course already be a follower of adult coloring, in which case you will appreciate its value. Alternatively, this may be a new project for you and one which you are thinking about for any one of a number of different reasons. If this is something new for you then I encourage you to give it a try. It is no accident that so many people are fired up about the world of adult coloring, so join in and start to enjoy the benefits for yourself today.

- Sales Rank: #211789 in Books
- Published on: 2015-08-08
- Original language: English
- Number of items: 1
- Dimensions: 11.00" h x .25" w x 8.50" l, .60 pounds
- Binding: Paperback
- 110 pages

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14 of 14 people found the following review helpful.

50 Printable Pages of Intricate Mandala Circles!

By Sarah I.

This ebook tells you a little bit about the illustrator of the coloring pages designs and gives examples of the designs and the designs as a finished colored piece. They are merely examples of a finished coloring page and you certainly don't have to color them that way. The ebook ends with a link to download the coloring pages. Once at the download page you will need to put in the first name and email used to purchase the ebook. Once you put in your first name and email address, then you automatically get the option to save the coloring pages in PDF format. I used my tablet to download the PDF and then uploaded the PDF to my Google Drive and the coloring pages were available and ready to print from my P.C. .

The PDF is 51 pages long, 50 pages of actual coloring pages. It is easy to print the pages out all at once, or just print one or more pages in specific. The designs printed out are not too large, they fit center in the standard 8"x11" printer paper. The designs measure about 6 ½ inches in diameter.

These Mandala circle designs vary from somewhat simplistic to very detailed and intricate. The printable format allows me to have more than one print of any design that I can color and use in other projects. However, I do wish these designs were a little larger but since these are printable and suited for the average home printer, I can understand the size being what they are.

These designs inspire me to color and laminate these designs to make placemats!

I received this item at a discount for my honest review. I only choose to review items I am knowledgeable about and have a use for.

3 of 3 people found the following review helpful.

Great designs!

By MusicQueen

So much fun! I love all these designs. Keeps the kids busy for hours. It's so easy to click and print. I'm even planning on using transfer paper for fun crafting projects. Great for practicing precision for any art lover. I've received this product at a discounted rate for a fair, honest, unbiased review.

2 of 2 people found the following review helpful.

So calming and really fun!

By Mary Kate

This is not a picture book, as I originally thought, but an adult coloring book. You download it and print out the beautiful patterns to color. I like that it includes some patterns already colored to give you an idea of what it could look like. Choosing your own colors and design fits right in with the stress relief. I can see how this would be very mind calming and a great stress reliever. I am going to print some of these out for my students, but I believe this will be a great free time activity for me and my husband with a little mellow music and a glass of wine. :) The designs are beautiful and intricate so they will be enjoyable to color. It is funny that I ended up with this today, not realizing it was a color book, as I just had a friend show off her adult color book and was thinking I needed one too. Prior to this I saw the first one I had ever seen in Michael's earlier this month. I think more adults need to get back to some of the basics we did as a kid to release some of the stress we deal with on a daily basis.

I received this product in exchange for my honest review.

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