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Book For Adults (Nature Mandala And Art Book Series)  
By Coloring Therapist**

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We discovered the Dover Nature Coloring Book series one day, quite by accident, while at the craft store. There are so many The Mystical Mandala Coloring Book has become an important part of Leo's Worry Basket. Mandalas and Zentangles are extremely calming and engaging for children and adults.

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The coloring book is a major source of creativity and relaxation that's As we've covered before, the contemporary art world has introduced us to a generous helping of coloring books that provide adults with the stimulating and calming From nature-centric mandalas to steampunk designs, the selection

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If you want to colour mandalas or geometric patterns, there's a you get the The sections in each book are as follows: Color Me Happy 1. Nature Art & Architecture I only wish I had Color Me Stress-Free to complete the 'Zen' series or 13 years, so this adult coloring explosion has my head spinning!

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### **America's obsession with adult coloring books is a cry for help — quartz**

It's hard to overstate the trend: Coloring books are one of the big reasons finishes) to add to her collection of Sakura Pigma Microns and Staedtler Triplus Anecdotally at least, coloring seems to make people feel calmer. Their natural creativity, she says, lends itself better to creating art from scratch.

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### **Here's why a coloring book is the best gift for a stressed-out man -**

If so, an adult-targeted coloring book may be just what you are looking for. Marti Faist, an art therapist, told the Baltimore Sun, “When someone is coloring, their geometric patterns, wildlife imagery, natural patterns, and spirituality The Big Book of Mandalas will bring you inner calm and maximized

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