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says "that's nice", the sense of satisfaction you'll get will be unlike anything you've experienced before. The Possibilities Are Endless When you buy your own coloring book, you'll realize that the possibilities are endless. You will also realize that there is just something so appealing about coloring and that it is a great way for you to de-stress at the end of the day. With coloring books being more affordable than ever, there has never been a better time for you to pick up your own today. Use Any of Your Favorite Tools Including colored pencils, pens, and fine-tipped markers. One Image Per Page Each image is printed on black-backed pages to prevent bleed-through. Display Your Artwork You can display your artwork with a standard 8.5" x 11" frame. Now on Sale Regular Price: \$9.99 | SAVE \$6.00, 60% OFF | Limited time only. Makes the Perfect Gift Surprise that special someone in your life and make them smile. Buy two copies and enjoy coloring together. 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Please place a blank piece of paper between your pages if you are using wet media to prevent bleed through onto the next design. Get ready to relieve stress and get creative. When your mind is racing and your body overflows with stress, grab your favorite coloring medium and this book. Spend a few minutes adding color to these snowflake mandalas to color your way to peace and tranquility. Coloring when it's used as an active form of meditation can help you achieve mindfulness, experience flow, find greater balance and calm in your life, replace negative thoughts with positive, reduce anxiety, and de-stress. Coloring is yoga for the mind. How is coloring like yoga for the mind? How can coloring exercise and strengthen your mind? While at the same time lowering your stress and anxiety? The answer is both simple and complex. The simple answer is that the brain is an amazing thing. Like exercising any other part of the body, when we exercise the part of the brain that helps us relax and calm down, that part of the brain (the prefrontal cortex) gets stronger. The amazing thing is when we make our prefrontal cortex stronger, the fear and anxiety part of our brain (the amygdala) gets weaker. That's why mindful coloring can have so many great benefits for our bodies. This takes regular, daily time and effort, just like any other exercise. But at least this kind of exercise is fun! Who will like Snowfall: 50 Mini Mandala Snowflakes? People who like: coloring books for grown-ups coloring books for teens coloring books for older kids coloring books for girls coloring books for boys geometric coloring books complex coloring books stress relief coloring books advanced coloring books detailed coloring books mandala coloring books intricate coloring books If you want unique mandalas and detailed designs to color that you can't find anywhere else, then buy Snowfall: 50 Mini Mandala Snowflakes today **Amazing Animal Adult Coloring Book Robot Design Bear, Dog, Bird, Fish, Elephant, Tiger, Lion and Dragon** Createspace Independent Publishing Platform GIFT IDEAS | COLOURING BOOKS FOR GROWN-UPS | BEST GIFT IDEAS This incredible adult coloring book by best-selling artist is the perfect way to relieve stress and aid relaxation while enjoying beautiful and highly detailed images. Each coloring page will transport you into a world of your own while your responsibilities will seem to fade away... 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