



Mandalas and More: A Meditative Drawing and Coloring Book for Mind, Body, and Spirit

By Cher Kaufmann

Countryman Press Inc. Paperback. Book Condition: new. BRAND NEW, Mandalas and More: A Meditative Drawing and Coloring Book for Mind, Body, and Spirit, Cher Kaufmann, You've mastered the art of coloring--the secret, of course, is that there's nothing to master. Now it's time to welcome back your inner child, who remembers doodling with pen and pencil on every available surface. In this book, Cher Kaufmann encourages readers to pick up a pen again and have some fun. But this isn't just a drawing, scribble, or doodle book; it offers a meditative journey to confidence and joy. A blank page is a beautiful thing, especially when your mind, body, and soul are ready to accept that and allow creativity to flow. Coloring aficionados and doodle lovers alike will find something to embrace here, as it inspires readers to:

- * Build patterns through simple repetition of circles, squares, or triangles
- * Use templates, such as cookie cutters or interesting shapes, to jump-start a design
- * Begin a drawing from scribbles in the book
- * Finish drawing the second half of an existing design
- * Create open designs and mandalas, specifically for coloring
- * Color some of the finished designs used as examples...



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Reviews

It is one of the most popular publications. It is actually really intriguing through looking at time period. Your daily life span is going to be change the instant you total reading this publication.

-- Mrs. Shanna Mann

This is actually the finest ebook we have gone through until now. It is written in straightforward words and phrases instead of difficult to understand. It has been designed in a remarkably straightforward way and is particularly just following I finished reading through this book by which basically changed me, change the way in my opinion.

-- Gillian Wisoky