



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

Good eBook and helpful one. It really is written in straightforward words and phrases and never confusing. I am just effortlessly could possibly get a enjoyment of looking at a published book.

-- **Romaine Rippin**

The book is great and fantastic. it absolutely was written very properly and beneficial. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Lyda Davis II**