



30-Minute Buddhist Mandalas Coloring Book

Michelle Normand

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30-Minute Buddhist Mandalas Coloring Book Michelle Normand

The East meets the West as meditation gets a fun facelift. Michelle Normand's 30-Minute Buddhist Mandalas Coloring Book combines the peaceful act of coloring with the spiritual beauty of Buddhist mandalas to create a relaxing meditation experience. Each one of her original 30 mandalas can be colored in a short 30 minutes. Just enough time to get the full benefit of your meditation while easily fitting into your busy schedule. By using coloring as a form of active meditation, Normand brings the ability to meditate to a whole new audience. Whether you are suffering from anxiety and depression or simply want to relax, 30-Minute Buddhist Mandalas has what you are looking for.

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