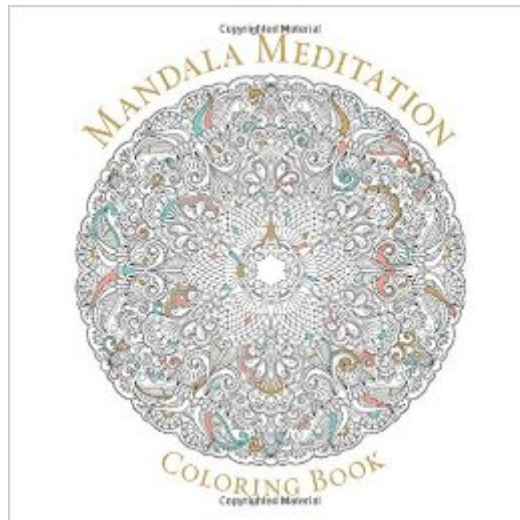


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# Mandala Meditation Coloring Book (Serene Coloring)



## Synopsis

Coloring mandalas "traditional, intricate circular designs" can be a meditative, relaxing, and creative practice for children and adults alike. Begin your journey to calm with this beautifully packaged book, which presents 92 mandalas for your drawing pleasure. Choose the colors you want and treasure, frame, and display the final art.

## Book Information

Series: Serene Coloring

Paperback: 96 pages

Publisher: Sterling Ethos; Clr Csm edition (October 6, 2015)

Language: English

ISBN-10: 1454916184

ISBN-13: 978-1454916185

Product Dimensions: 9.8 x 0.4 x 9.8 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (35 customer reviews)

Best Sellers Rank: #151,821 in Books (See Top 100 in Books) #102 in [Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Mandalas & Patterns](#) #372 in [Books > Arts & Photography > Graphic Design > Techniques > Use of Color](#) #955 in [Books > Health, Fitness & Dieting > Alternative Medicine > Meditation](#)

Age Range: 10 and up

Grade Level: 4 and up

## Customer Reviews

The mandalas are printed on both front and back of the pages. I don't know if that was indicated in the description or not, but I missed it if it was. I prefer to have mandalas only on one side of the page due to bleed through from markers when I use them instead of color pencils.

Great mandalas throughout the entire book, good quality paper (using color pencils). Only down fall, and the reason why I gave it 4 stars is because the sheets are double-sided and don't have perforations to remove the sheets.

Dang! Second coloring book tonight I've tried to buy that is for some reason sold out and must be on backorder with a 2-3 week ship date! I saw this at a local bookstore so it's on my wishlist. I really

enjoy coloring mandalas, but am bit picky about them. I've looked at some mandala books and just felt the illustrations were too....casual? not well balanced? unappealing. About half the illustrations in this book are VERY detailed (almost a bit too much for my 50+ eyes) but that's ok - gives me a chance to use the hard-core pencils or fine line markers. The other half are a bit larger in detail - the sort of detail level of Secret Garden or Animal Kingdom. I love the illustrations in this book and will be adding it to my collection soon because mandalas give me great opportunities to use my under-utilized pencils and pens. After sharpening away at my reds and greens and oranges and purples doing leaves and flowers I always end up with stubbies in many colors and others barely used. I like to challenge myself with mandalas to pick out pleasing color combinations using the "tallest" pencils in my collection - those poor not-so-well-loved colors. All our pencils need a chance to play once in awhile, right? Mandalas are a great way to bring a little equal opportunity to your pencil collection ;-)

To date, Valentina Harper's mandala book as been my favorite and I've not found another mandala book that made me feel as creative. This one however fits the bill and I'm looking forward to sharpening away on ALL my pencils as I work through this book

The drawings in this book are beautiful and very detailed. I would give it a 5 stars on the designs. However, the pages are double-sided and not perforated, so you would have to choose one design to color and then rip/cut out of the book.

**Summary:**"Mandala Meditation" features 90 full size illustrations, a credits page, and several pages of introductory material. It measures approx. 10 x 10 inches and is glued and sewn into a matte finish cover with gold foil accents. The insides of both the front and back covers are fully illustrated and colorable. The majority of the pictures are mandalas, but there are some abstracts added in as well. I would recommend this book for adult colorists of all skill levels.  
**Paper:**The paper contained in this book is bright white and medium thickness(think scrapbooking weight). All pages are double sided and non-perforated. Most mediums are appropriate but markers will bleed. You may be able to use some brands of fineliners, but be sure to test them on one of the beginning pages before applying them to your picture.  
**Artwork:**The artwork in "Mandala Meditation" comes from a large number of artists. This means that the line weights and detail levels vary from picture to picture. Some images are very finely detailed and lightly printed, while others are bold and simple. You'll also see full page square images, abstract shapes and patterns, and kaleidoscope style drawings. None of the artwork runs into the binding, so if you'd like to remove any of the pages, you won't compromise the images. Picture completion time should run anywhere from 1 hour to several

days(this depends on each individual colorist). Overall, this book has a great assortment of pictures and is very nicely organized. It would be an excellent choice for pencil/chalk artists and those who enjoy mandalas.

Lovely coloring book. The designs are beautifully wrought. The paper is high-quality. Don't know that this book induces meditation more than any other :-) but it is great fun. The price, though higher than most other "adult" coloring books, is well worth it, not only for the quality but also for the varied selection. 90 mandalas in all, while those other coloring books tend to offer only 30 or so. If you're looking for a coloring book, I highly recommend this one. My favorite. The only caveat? Some of the mandalas have fine detail, so you'll need a good eye and a sharp point.

I absolutely love this coloring book! I use it for myself and for my clients who have anxiety. I love the different designs, and appreciate that the designs are not too far into the binding of the book where you cannot color. Highly recommend!

One of my favorite coloring books. And I have several! I like the size of this one especially since your coloring mostly round objects. The paper quality is excellent. The pictures are gorgeous. And it comes with two hand flaps. One in the front and one in the back to use as book marks. So clever!

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