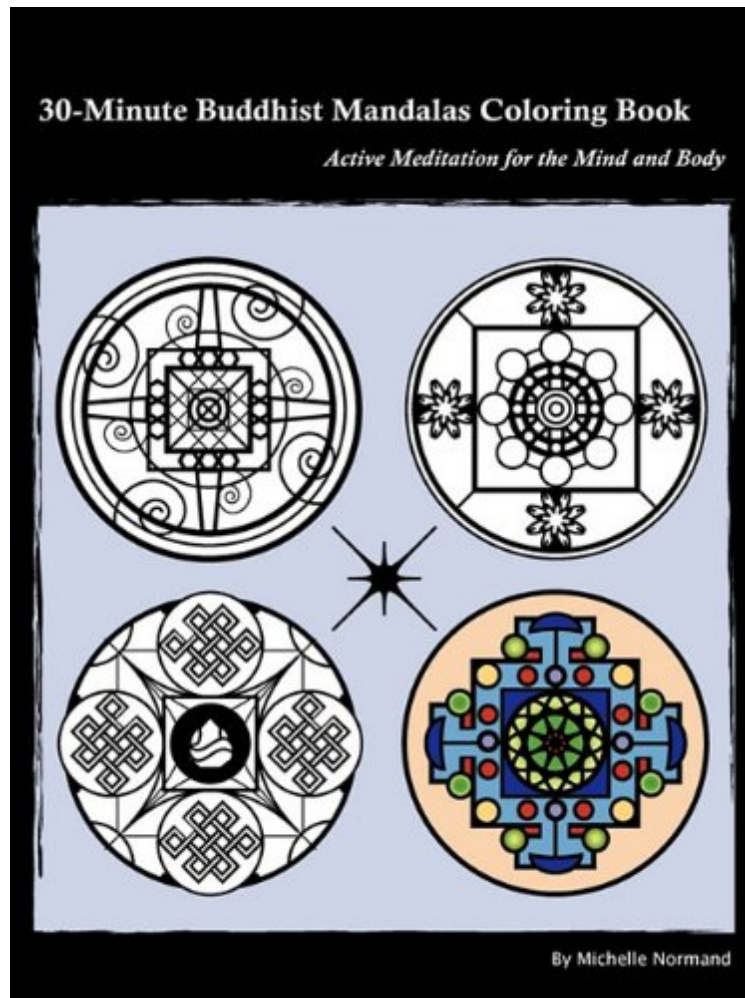


## 30-Minute Buddhist Mandalas Coloring Book

*Michelle Normand*

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#2296838 in Books NMS 2010-02-03Original language:EnglishPDF # 1 11.02 x .14 x 8.27l, .38 #File Name: 098160671766 pages | File size: 63.Mb

**Michelle Normand : 30-Minute Buddhist Mandalas Coloring Book** before purchasing it in order to gage whether or not it would be worth my time, and all praised 30-Minute Buddhist Mandalas Coloring Book:

4 of 4 people found the following review helpful. A beautiful aid to meditationBy Marie JostEach of the mandalas included in this book are simple enough to be completed at one sitting. They are designed specifically as a form of active meditation and work as designed.1 of 6 people found the following review helpful. RaffleBy star lakeThis was for a raffle that the Akron Canton Shambhala Meditation Center is having. It was purchased as part of the basket for the raffle "Color Me Tibetan".5 of 5 people found the following review helpful. Love this book!By N. ByronMy youngest daughter has struggled with anger management issues since she was in kindergarten. Coloring has always been a constructive outlet and calming force for her. As she's gotten older and outgrown traditional coloring books, Michelle Normand's mandala books have taken their place and the results have been amazing! The soothing, creative

patterns bring order to my daughter's world (and mine) in addition to giving her a physical outlet (coloring). She LOVES these books... and so do I!

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.