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Mandalas Creative Colouring for Grown-ups

Description

Release your inner creative by adding colour to these stunning mandala designs. From fabulous fans to striking spirals, and pretty paisley patterns to art-deco dragonfly designs, there's a perfect pattern to complete on every page. Colouring has long been known to enhance one's thought processes, providing hours of entertainment and a relaxing yet highly creative way to free the mind.

Sales Points

- The perfect way to de-stress, be inspired and express your creativity
- Contains beautiful pages of intricate mandala patterns to colour in and complete in your own design and colour palette
- Each beautiful mandala is set against a coloured background, to provide colouring inspiration
- From the publishers of the *Art Therapy* and *Creative Colouring for Grown-ups* series (over 370,000 copies sold)