



30-Minute Flower Mandalas Coloring Book: Meditation and Relaxation through Coloring

Michelle Normand

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If you can color, you can meditate. The most recent title in the 30-Minute Mandalas Coloring Book series, 30-Minute Flower Mandalas offers more beautiful mandala designs to color and enjoy. Using flowers for inspiration, the book includes 30 unique designs boasting different levels of intricacy. Bold borders mixed with delicate lines are the hallmark of all 30-Minute Mandala Coloring Books. Each mandala is designed so it can be colored in approximately 30 minutes. This provides enough time to reach a beneficial meditative state in a time span that can fit into anyone's busy schedule.

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