



Many Shades of Joy: A Happy Primer and Mandala Coloring Book for Grown-Ups

Ms. Linda Sterling Sease

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Many Shades of Joy features 24 hand-illustrated mandalas for coloring accompanied by 24 happy habits to help you find more joy in life. Part happy roadmap and part meditative coloring book, Many Shades of Joy is a simple, creative and relaxing way to develop proven happiness skills. By combining the science of happiness with self-expression and stress relief, you'll easily learn new habits for a more joyful life while also giving a boost to both your right and left brain.

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