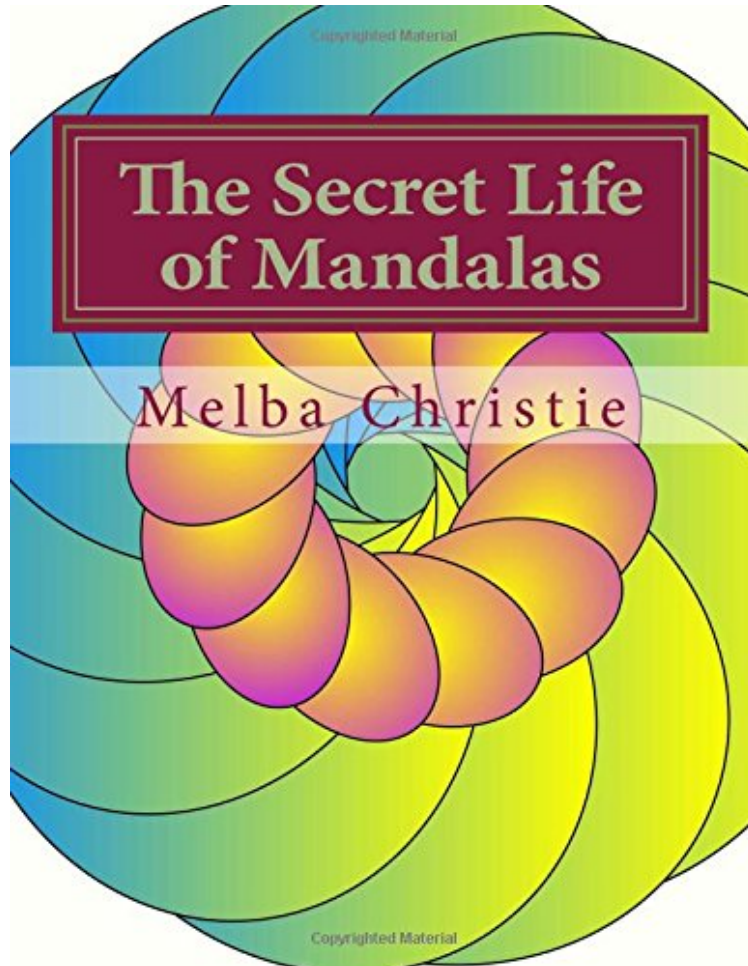


(Mobile book) The Secret Life of Mandalas: A Coloring Book with Inspirational Poetry

The Secret Life of Mandalas: A Coloring Book with Inspirational Poetry

Melba Christie

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#4302783 in Books Christie Melba 2016-08-28Original language:English 11.00 x .18 x 8.501, .44 #File Name: 153701749776 pagesThe Secret Life of Mandalas A Coloring Book with Inspirational Poetry | File size: 45.Mb

Melba Christie : The Secret Life of Mandalas: A Coloring Book with Inspirational Poetry before purchasing it in order to gage whether or not it would be worth my time, and all praised The Secret Life of Mandalas: A Coloring Book with Inspirational Poetry:

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serenity in her coloring book. To me as I color, I read these beautiful quotes and feel a calm within. Thank you and hope too see more.0 of 0 people found the following review helpful. Great!By Dai MelendezI color in this book to feel grounded and relaxed.

The Secret Life of Mandalas is an adult coloring book filled with uniquely designed Mandalas to color. The book also features poetry with a focus on Haiku poems written by author and artist, Melba Christie. Coloring mandalas helps us to focus, and the practice helps us to meditate, relax and release stress.

From the AuthorI believe this coloring book is unique. It contains my original Haiku poems, and mandalas I created inspired by quotes by favorite authors and artists. I wanted to offer the reader and colorist a varied artistic and creative experience. Coloring helps to relieve stress and for me a poem can change a mood and offer a different prospective about life. I often say that poetry is life and life is poetry.