



# The Exciting Mandala Coloring Book #1: Brilliant Coloring Books

*W Shannon Platt*

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## **The Exciting Mandala Coloring Book #1: Brilliant Coloring Books** W Shannon Platt

Recently, adult style coloring books have become recognized as the go to tool to help reduce stress and calm the mind. Some psychologists have started using coloring books within their practice, encouraging patients to sit down and color when feeling the stress that life sometimes brings. Others are even going as far as recommending coloring books to help combat Alzheimer's disease and memory loss because they keep the mind active, focused and in the present moment. Beyond the possible health benefits of coloring, kids and adults alike agree...coloring is a lot of fun! In this book, you will find 46 fun designs, with the exciting look and feel of a three-dimensional illusion.

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