



# Adult Colouring Book - Volume 9: 50 Unique & Intricate Mandalas for Mindfulness & Colouring Relaxation

*Charlotte George*

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**\*\*\*\*\* HOURS OF RELAXING & THERAPEUTIC FUN\*\*\*\*\***

**Adult Colouring Book Volume 9** Book 9 in the series by Charlotte George is filled with another 50 beautiful and original Mandalas that will give you hours of colouring fun and pleasure.

Adult colouring has become widely popular and recognised as a great tool to reduce stress and develop a peaceful mind.

Many mental health professionals and some hospitals have recommended the use of colouring books to help their patients deal with everyday stress.

The UK Alzheimer's Society recognise that colour can play an important role in managing Dementia. They say that the use of bright colours keeps the mind active and can slow memory loss and confusion.

Health benefits aside, colouring has always been about letting your imagination spill out onto a page and creating something special and unique.

This book is filled with 50 beautiful and intricate Mandalas so you will always have a your book of colouring therapy to help you through your day.

**So pick up your pens and start colouring today**

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