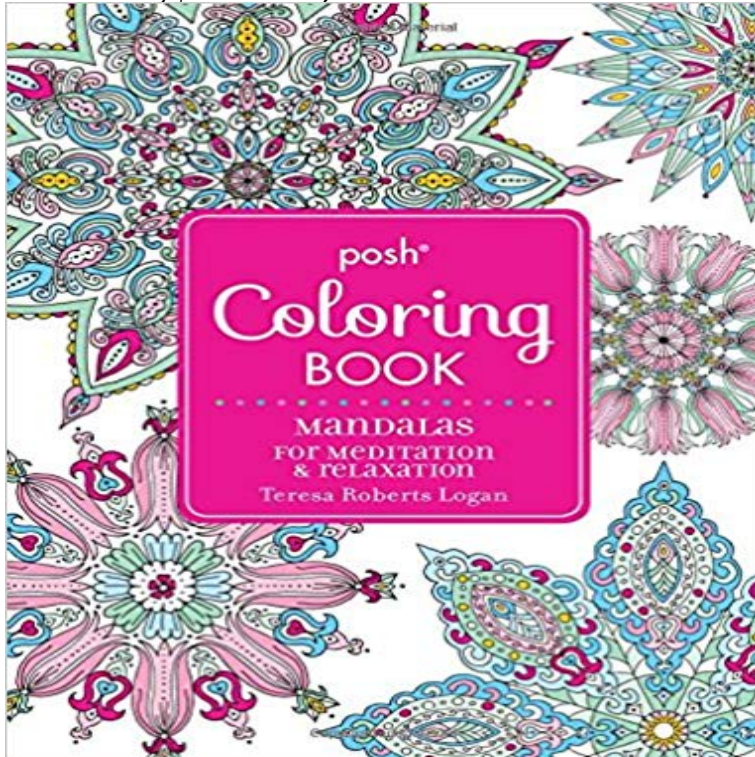


## Posh Adult Coloring Book: Mandalas for Meditation & Relaxation (Posh Coloring Books)



For centuries, mandalas have symbolized wholeness and interconnectivity. Similar to a book of meditations, Posh Coloring: Mandalas for Meditation and Relaxation will help you focus, relax, and experience more deeply the world around you. Filled with 126 original mandala patterns from artist/designer Teresa Roberts Logan and incorporating natural themes such as sea stars, shells, leaves, and flora, as well as many abstract designs, this book provides hours of relaxation and meditation. Reduce stress and reveal your hidden creative potential with this book of customizable hand-drawn mandala drawings. Teresa Roberts Logan has created thousands of doodles, cartoons, and designs, and after creating her Posh Coloring Book: Paisley Designs for Fun & Relaxation, went right back to the boards to create a Posh Coloring Book full of mandalas for you to color. Teresa is a cartoonist/illustrator/designer/mom/doodler, and founder of Laughing Redhead Studio, who loves to laugh, cook, eat, and travel. Other books by this author: The Older I Get, The Less I Care Posh Coloring Book: Paisley Designs for Fun & Relaxation

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