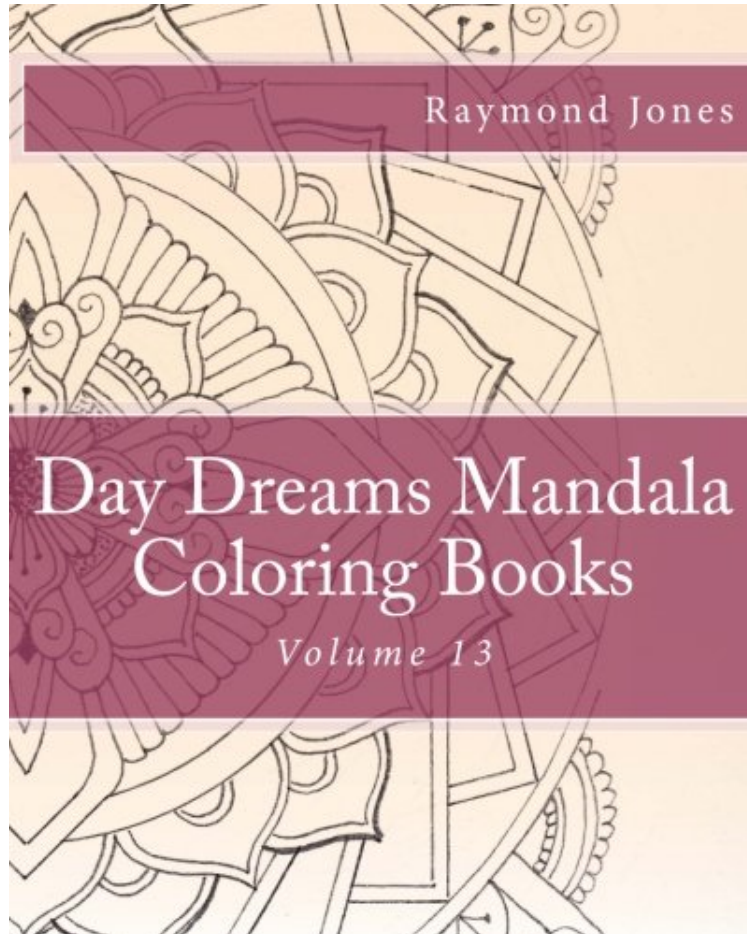


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## Day Dreams Mandala Coloring Books: Volume 13

*Raymond J Jones*

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**Raymond J Jones : Day Dreams Mandala Coloring Books: Volume 13** before purchasing it in order to gage whether or not it would be worth my time, and all praised Day Dreams Mandala Coloring Books: Volume 13:

Thirty completely different mandalas designed and drawn specifically for this book. The drawings are challenging enough to encourage mindfulness, but simple enough to allow one to enter a meditative state. Structured coloring as opposed to random doodling has actually been shown to help reduce anxiety and to help with your meditation.