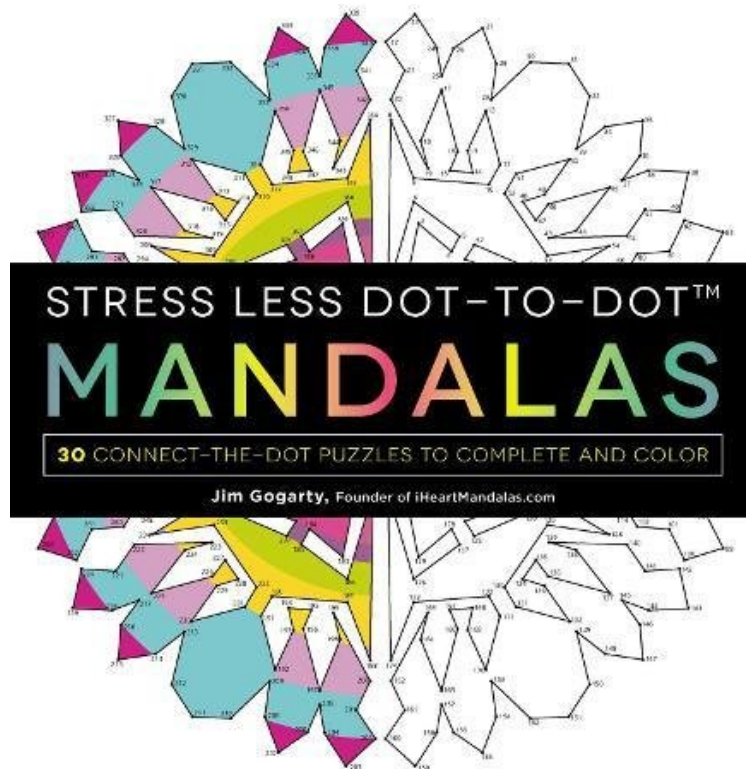


[Ebook free] Stress Less Dot-to-Dot Mandalas: 30 Connect-the-Dot Puzzles to Complete and Color

Stress Less Dot-to-Dot Mandalas: 30 Connect-the-Dot Puzzles to Complete and Color

Jim Gogarty

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Relaxing dot-to-dot puzzles for adults! Stress Less Dot-to-Dot: Mandalas combines the surprisingly calming activity of connecting dots with the meditative practice of drawing mandalas. If you're looking for an easy way to unwind, start connecting the dots to create your own intricate mandala design. Once the picture is complete, you'll have a beautiful mandala to color and enjoy. No longer just for kids, drawing dot-to-dot is a perfect meditative exercise for adults looking to relax. Soon you'll be de-stressing--dot by dot!

About the Author Jim Gogarty has had a passion for drawing for as long as he can remember, ranging from crayons to felt tips to today's digital pen. He began drawing mandalas in 2005 after a spiritual awakening during meditation. Since then, he has worked to turn this love for the symmetrical patterns into a career. He currently runs iHeartMandalas.com, where he brings these images to life.