



Coloring Bird Mandalas: 30 Hand-drawn Designs for Mindful Relaxation

Wendy Piersall

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Your favorite new hobby—coloring for fun and relaxation—gets an avian twist with this collection of whimsical mandalas

Coloring mandalas is an ancient way to attain focus, clarity, and peace. Now, *Coloring Bird Mandalas* adds the beauty of nature's flying wonders—including peacocks, owls, swans, hummingbirds, parrots, finches, sparrows, and even eagles—to these intricate designs for page after page of coloring book bliss. With roots in Hinduism and Buddhism, mandalas are spiritual symbols that represent the universe. Coloring these hypnotically beautiful, mystical shapes is a meditative and enjoyable way to relax. A fun way to achieve a state of mindfulness, this book fosters creativity, reduces stress, and allows you to embrace your inner child by focusing on the simple but engaging task of coloring in the detailed designs.

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