

# **12 Mandalas and Relaxing Sayings.**

## **Adult and Teenager**

### **Colouring eBook**

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## **Introduction**

Thank you for picking up this eBook:

### **Mandalas and Relaxing Sayings Colouring eBook.**

A creative colouring eBook for Adults and Teenagers, to take time to unwind, chill and relax, as they say now is to 'Chillax'.

Included in this eBook are relaxing little sayings, positive and funny to help you chillax and to 'Look on the brighter side of Life'.

Colouring small and challenging abstract patterns will increase and stimulate creativity, reduce stress to create calmness and tranquillity.

Choose colours to suit your mood of the day.

Colouring requires no electricity, internet connections or any device and you can take it anywhere with you.

Let your mind wander in delightful colours!

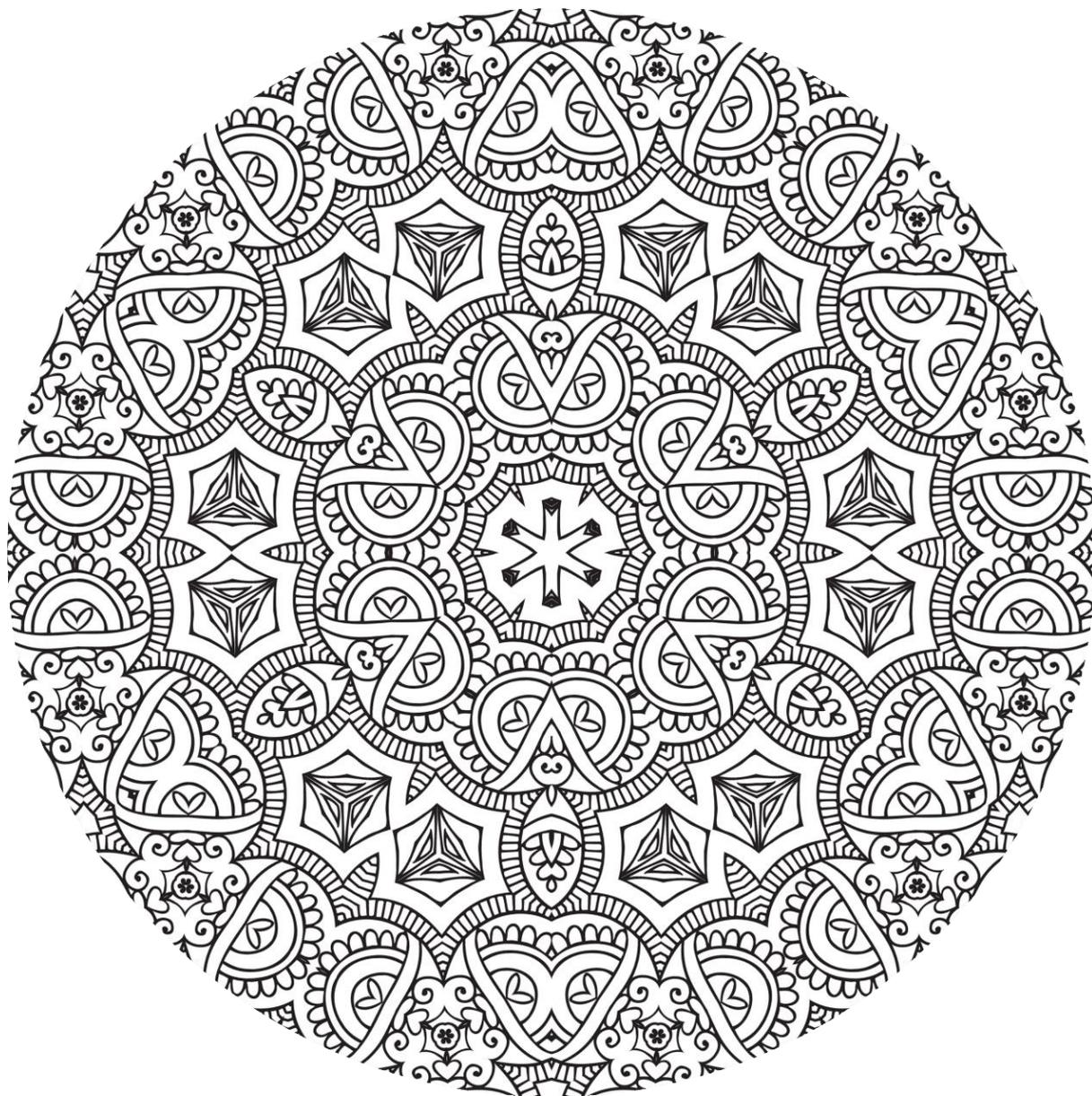
Enjoy!

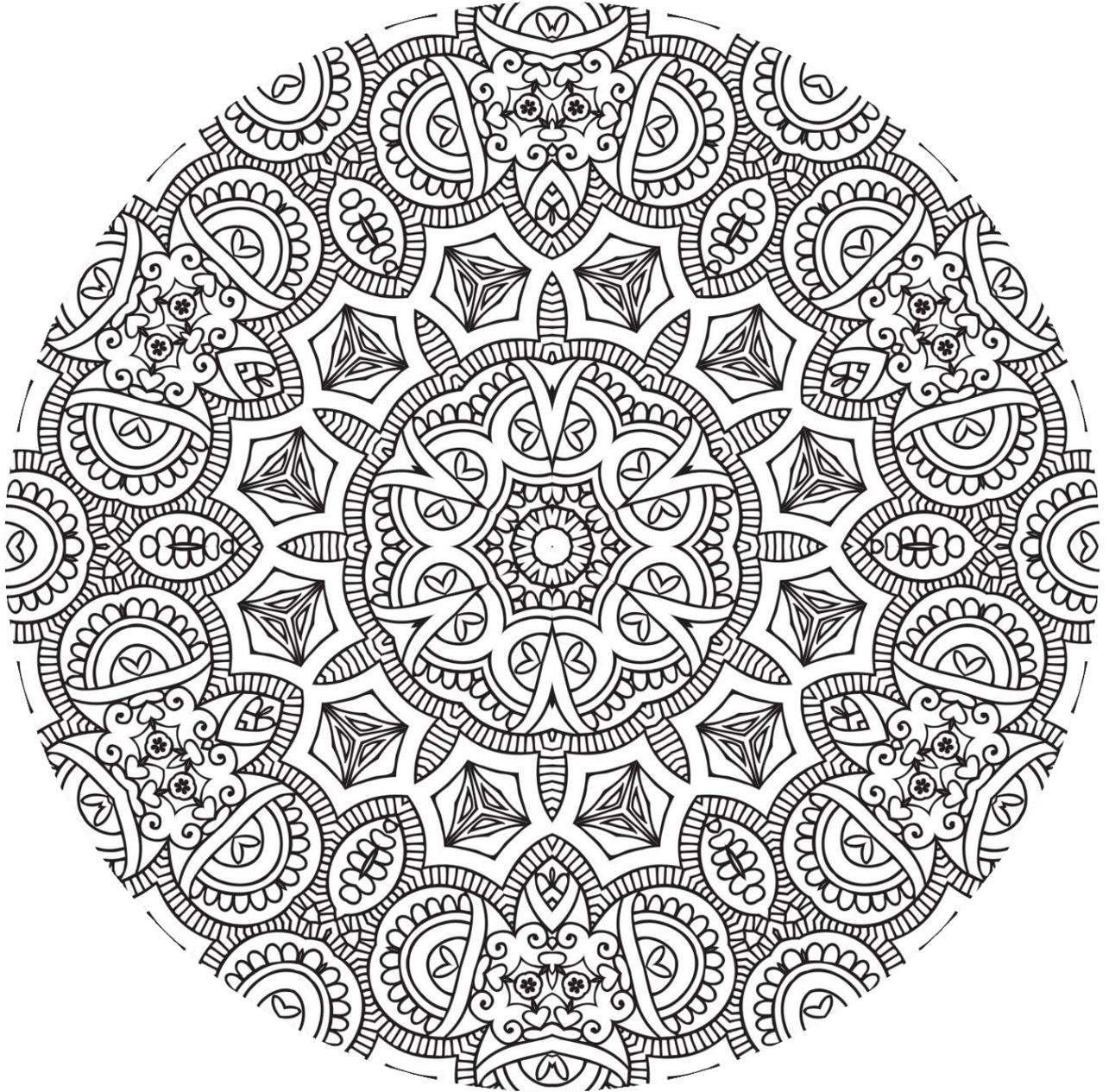
*Sue Feldman*

The biggest adventure you can take is to

*Live the Life of your Dreams*

Oprah Winfrey





*If you are finding it hard to get to the top*

*- use a ladder*