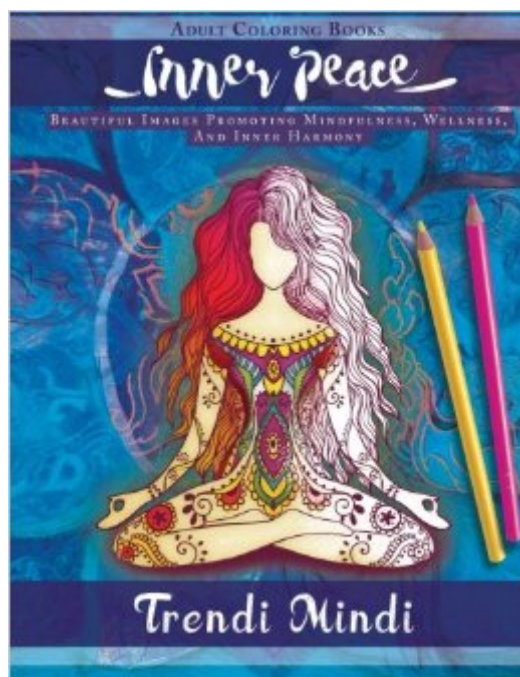


The book was found

# Inner Peace - Adult Coloring Books: Beautiful Images Promoting Mindfulness, Wellness, And Inner Harmony (Yoga And Hindu Inspired Drawings Included)



## Synopsis

Do you need help finding your happy place??? Allow me to help. My name is Mindi and I want to help you achieve a state of complete zen. How, you may ask? My coloring books are a great way to completely zone out. Your mind will stop racing the second you start filling in the lines using nothing but your mind and your pencil. Get ready to stop overthinking and start along the fast track to relaxation and a clear mind. In my book you will find. Beautiful mandalas Intricate animal illustrations Breathtaking designs And much more! Do yourself a favor and try out my coloring book today! I know it will help you as it has helped others. So help yourself to some peace and clear mindedness with Inner Peace. Here at Trendi Mindi we hope that our books can help people with stress relief. Our adult coloring books are meant to be used to help relieve stress and we have thousands of satisfied adult coloring books fans. The designs we use are meant to be free flowing, peaceful, and serene. You have to see the coloring pages to really understand. Our reviews are a testament to our success as a company, we seek out the top reviewers of adult coloring books to be product testers. The responses we have gotten has been overwhelmingly positive. Take a look at any of our books and the top review is typically written by a top 500 reviewer. We love that we can get rave reviews from even the toughest critics, because that shows the casual customer that we are producing a quality product. Many of these reviewers talk about the beauty of our products, others mention our books stress relieving capabilities. Stress relief is the name of the game with coloring books. We stride everyday to make our books more relaxing than the rest. That is why we rank among adult coloring books best sellers.

## Book Information

Paperback: 68 pages

Publisher: Trendi Mindi (April 4, 2016)

Language: English

ISBN-10: 1945006234

ISBN-13: 978-1945006234

Product Dimensions: 8.5 x 0.2 x 11 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 starsÂ Â See all reviewsÂ (29 customer reviews)

Best Sellers Rank: #252,357 in Books (See Top 100 in Books) #23 inÂ Books > Arts &

Photography > Performing Arts > Dance > Reference #23220 inÂ Books > Humor & Entertainment  
#66199 inÂ Books > Reference

## Customer Reviews

I love coloring, although I am late getting on board with the trend. I didn't think it would be so enjoyable, I have always colored with my kids (crayons, my little pony books), but the adult coloring books are so much better. They are designed to help you relax, and they really do take my mind off of everything, just for a while. I use colored pencils, nothing fancy. The pages in this book are all yoga stuff, so I share with my friend who is yoga crazy. This is a beautiful book, and the favorite one for her. I prefer the 'unleash the animal' from the same company. Just personal preference, nothing more. 68 pages, pages are 11" x 8.5". The images are printed on one side, no perforations so they are a little harder to tear out. I received this book free in exchange for my honest review, and it's very ornate. Beautifully drawn images.

I purchased this book for myself, I color for relaxation and practice multiple types of art therapy. This is a nice book, the images each have their own page so you don't have to choose either/or if you are wanting to hang up a piece when you are done with it. There are a nice blend of simple and more intricate detailed pictures. I was drawn to the fact that many of the women do not have faces. It's a nice alteration of the mandala designs that I often do.

This has some unique meditation and yoga coloring pages. They are very nice, I don't like the "people" ones as much as the mandalas, ohms, flowers and peace signs but they are nicely drawn. There are a lot of fun details to color. I like to use a combination of mediums when I color so I can get the best of all worlds: markers, gel pens, colored pencils and a water brush with water colors or marker ink to get some ink washes. I just like to experiment and let my creativity flow which truly does makes it peaceful and fun and the way I like to unwind in the evenings. I have another book by this artist and I'm very impressed by their drawings. I received this coloring book free for review purposes. Review is my honest opinion.

Adult Coloring Books Group aka Mother Dearest Coloring Books won the award for Best Seller in this rather new line of books. The concept behind coloring books â “ one we have observed forever in childrenâ™s quieting behavior when they are involved in coloring in their coloring books â “ is to focus attention on coloring spaces, being creative in color choices and taking care to stay within the lines of the black and white drawings presented as the canvas for individual creativity. Starting as a childrenâ™s outlet, adults are assuming the territory. This has become very popular as a substitute for Xanax, meditation, entertainment drugs that are more problematic treatments for relieving stress.

Simple idea, but one that has really captured the attention of adults in need of a quiet outlet to close the door on stress and the chaos of living. It is fun, offers a sense of accomplishment, and in the end produces art worthy of viewing! MOTHER DEAREST COLORING BOOKS (with Mindi as their spokesperson) has selected beautiful images promoting mindfulness, wellness, and inner harmony - Yoga and Hindu inspired drawings with mandalas, intricate animals, flowers and plants, insects, and of course the stunning abstract designs - each drawn with sophistication and offering enough variation to keep the colorer attentive for hours. But more than that, sitting and coloring these majestically beautiful images will place you in a state of Zen - a far more healthy (and fun) way to reduce stress than addictive medications. There are several of these books that are available and because the publisher sent five different coloring books for this reader's impression and review, we'll cover them all. Highly recommended. Grady Harp, May 16

As someone who is into the new? craze of coloring books for adults I, like so many others, love to 'collect' coloring books. I of course use them but i want to get some before they go away. I've had to become very cautious of getting books online since the few I've purchased have been very low quality but i liked the other one i purchased by Trendi Mindi so I figured it was worth the risk and I was right! I couldn't be happier with this book! I love the quality of the paper and designs. I can't wait to start working in this book! I have included some of my favorite pages from this book. I highly recommend this book to anyone who likes to color! There is bound to be something in there you like! I'm extremely pleased! I love her books. I received this free or discounted for testing and reviewing the product. I am under no obligation to provide a positive review and receive no incentives or rewards for doing so. My reviews are my own. I work hard to write insightful and truthful reviews for each item. This helps me to be a better reviewer. While it is true that many items are received at discounted rates or complimentary, my reviews are completely honest and unbiased. Inner Peace - Adult Coloring Books: Beautiful Images Promoting Mindfulness, Wellness, And Inner Harmony (Yoga and Hindu Inspired Drawings included)

[Download to continue reading...](#)

Inner Peace - Adult Coloring Books: Beautiful Images Promoting Mindfulness, Wellness, And Inner Harmony (Yoga and Hindu Inspired Drawings included) Creative Fancy Cats Coloring Book: Cats Adult Coloring Book for Mindfulness and Relaxation (Adult Coloring Book Animals, Creative Cats, Adult Coloring Book Cats) (Volume 1) English Garden Adult Colouring Book One Year Day Planner Europe: Adult Colouring Books in al; Adult Colour in Boo; Adult Colouring in al; Adult ... Adult Coloring Books Flowers and Birds in al Grayscale Adult Coloring Books Gray Faces: Coloring Book

for Grown-Ups Grayscale Coloring Books) (Photo Coloring Books) (Fantasy Coloring Books) Grayscale Animals) (Animal Coloring Books) (Volume 1) #Love #Coloring Book: #Love is Coloring Book #1 in the Adult Coloring Book Series Celebrating Love and Friendship (Coloring Books, Coloring Pencils) ... Series of Adult Coloring Books) (Volume 1) #Me #Coloring Book: #ME is Coloring Book No.5 in the Adult Coloring Book Series Celebrating Ideas to Live By (Coloring Books, Coloring Pencils) ... Series of Adult Coloring Books) (Volume 5) Creative Animals Coloring Book: The Mindfulness Animal Coloring Book for Adults (Mindfulness Coloring Book, Art Therapy Coloring Book) (Volume 1) Adult Coloring Book: 50 Halloween Coloring Pages, Coloring Books For Adults Series By ColoringCraze.com (Adult Coloring Books, Creative Zentangle ... Coloring Books For Grownups) (Volume 11) Dinosaur Adult Coloring Book: Dinosaur Coloring Book, a Adult Coloring Book containing Dinosaur images filled with beautiful and stress relieving patterns Amazing Cities: A Coloring Book of Fantastic Places in the World! (Adult Coloring books, Adult coloring) (Adult Coloring Books of Amazing Cities) (Volume 1) Adult Coloring Books: Mindfulness Mandalas: A mandala coloring book for adult relaxation featuring stress relieving coloring pages for adults including henna flowers geometric & animal designs Flowers, Floral Arrangements, Wreaths: Calm Coloring Books to Relieve Stress; Adult Coloring Books Floral in All D; Adult Coloring Books Flowers in ... Coloring Books for Teens Girls in all Dep MINDFULNESS Coloring Book: Relaxation Series : Coloring Books For Adults, coloring books for adults relaxation, coloring book for grown ups, COLORAMA Coloring Book (Volume 1) #Chalkboard #Coloring Book: #Chalkboard is Coloring Book #4 in the Adult Coloring Book Series Celebrating #Love and #Friendship (Coloring Books, ... Series of Adult Coloring Books) (Volume 4) #Mandalas Coloring Book: #Mandalas is Coloring Book No.6 in the Adult Coloring Book # Series Celebrating Mandalas (Coloring Books, Stress Relief, ... Series of Adult Coloring Books) (Volume 6) #Food #Coloring Book: #FOOD is Coloring Book No.7 in the Adult Coloring Book Series Celebrating Foods, Snacks & Treats (Coloring Books, Foods, ... Series of Adult Coloring Books) (Volume 7) #Women #Coloring Book: #Women is Coloring Book No.8 in the Adult Coloring Book Series Celebrating Women (Coloring Books, Women, Shopping, Gifts for ... Series of Adult Coloring Books) (Volume 8) Nautical: Ocean Coloring Books in all Departments; Adult Coloring Books Ocean Life in al; Coloring Books for Adults Ocean Animals in al; Coloring ... in al; Coloring Books for Adults Disney in al PROMOTING WELLNESS for prostate cancer patients Verses for Men: Color The Bible: Adult Coloring Books Stress Relieving Patterns & Mens Coloring Books Best Sellers Coloring Books & Adult Coloring ... Sets Animals Flowers Creativity Tranquility)