



# **52 Flower Mandalas: An Adult Coloring Book for Inspiration and Stress Relief**

*David J. Bookbinder*

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Often a meditative experience, coloring may help you wind down at the end of the day, calm yourself before sleep, or work through feelings. For some, it's just a fun and satisfying way to spend time.

The perfect balance of pattern and complexity will draw you into the beauty of the 52 flower mandalas featured in this stunning book. Each illustration is printed on a single page facing an inspirational quotation with space for reflection. Many hours of pleasurable coloring await the colorist transforming the illustrations in a deeply personal way.

Based on the award-winning digital photographs of therapist David J. Bookbinder, illustrations by Emily Sper capture the essence of the original flower mandalas, creating the framework for colorists to experiment with form, pattern, shading, and layering.

Now it's up to you to interpret the flower mandalas in your own unique way!

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