



# Adult Coloring Books: Zen Buddha: Doodles and Patterns to Color for Grownups (Mindfulness) (Volume 1)

*Cyrus Dalal*

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## ZenTangled: Adult Coloring Books - **Mindfulness Volume 1**

- This Adult Coloring Book features 30 buddha Illustrations and doodles, big and small, filled with patterns and images of buddha, mandalas and other traditional motifs.
- Each coloring pattern is printed on its own page to prevent bleed through, allowing you to cut out and keep - perfect for Framing.
- Designs range in complexity from beginner to expert-level.
- Use your preferred method of coloring from color pencils, gel pens, markers etc, providing hours and hours of stress relief, mindful calm, and fun, creative expression.
- The perfect gift for any coloring enthusiast!

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