



# Mandala Seasons 3: Adult Coloring Book (Fruit & Flowers) (Volume 3)

*Maya Necalli, Art Therapy Designs*

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**Mandala Seasons 3: Adult Coloring Book (Fruit & Flowers) (Volume 3)** Maya Necalli, Art Therapy Designs

Art Therapy Designs presents unique theme-based mandala collections inspired by various cultures and the natural world. This is the third book in the Mandala Seasons: Fruit & Flowers series. This coloring book contains 45 autumn-inspired floral patterns presented as single-sided pages to help preserve each illustration. The designs range from easy to high difficulty. Feel free to begin wherever you'd like! Coloring is a form of art therapy, a creative calming technique that aids in de-stressing and relaxation. Our therapeutic activity book is designed for grownups but suitable for all advanced children and teens.

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