



# Yet Another Mom Coloring Book: Mandalas & More (Simple Symmetry) (Volume 1)

*Cynthia Caldwell*

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Symmetry is all around us. You find it in your home, in nature, in science, in life. It can have a very calming effect on us, easing our minds, telling us that everything is in its place; everything is where it should be.

Coloring symmetrical patterns, especially the circular designs of mandalas, can help you focus and release stress. As you color, you tune out the chaos of life and find relaxation and peace in the simple act of putting color to paper.

*Mandalas & More* is the first adult coloring book in the series *Simple Symmetry*, containing 42 beautifully illustrated single-sided pages to color. There are 32 unique designs, plus 10 bonus pages with a selection of the designs on a black background for a completely different effect. The designs vary in difficulty, so there is something for all skill levels.

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