



## Mandalas Para Evitar El Estres (Paperback)

By Roger Hebrard

Ediciones Robinbook, United States, 2013. Paperback. Condition: New. Language: English,Spanish . Brand New Book. Coloring in the graphic, patterned mandalas in each collection in this series provides tranquility, relaxation, and concentration that help reinforce positive traits. The books are tools for focusing attention and can be used as aids to meditation. The mandalas in this book help readers deal with stress in a positive way by requiring concentration, which channels the focus away from stressful aspects of daily life. Colorear los mandalas graficos y estampados en cada coleccion de esta serie proporciona tranquilidad, relajacion y concentracion que ayudan a reforzar rasgos positivos. Los libros son herramientas para centrarse y se pueden usar como ayuda a la meditacion. Los mandalas en este libro ayudan a los lectores a sobrellevar el estres de forma positiva al requerir concentracion, lo cual canaliza el enfoque lejos de los aspectos estresantes de la vida diaria.



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