



The Secret Life of Mandalas: A Coloring Book with Inspirational Poetry

By Melba Christie

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The Secret Life of Mandalas is an adult coloring book filled with uniquely designed Mandalas to color. The book also features poetry with a focus on Haiku poems written by author and artist, Melba Christie. Coloring mandalas helps us to focus, and the practice helps us to meditate, relax and release stress.

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Bibliography

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Editorial Review

From the Author

I believe this coloring book is unique. It contains my original Haiku poems, and mandalas I created inspired by quotes by favorite authors and artists. I wanted to offer the reader and colorist a varied artistic and creative experience.

Coloring helps to relieve stress and for me a poem can change a mood and offer a different prospective about life. I often say that poetry is life and life is poetry.

I can only hope that my special coloring book brings as much joy to the reader as creating it brought me. I think of it as a labor of love.

I hope to publish a collection of my poems in the near future. In the meantime, read, color and relax. Happy coloring!

From the Back Cover

The power of meditation is transformational. Retreat to a quiet place and let the power of the mandala guide you as you color.

About the Author

Melba Christie is a retired educator and lover of the arts. Her poems, art, and photography appear in her blog Melba Christie at Poemattic at WordPress. Her freelance experience includes writing educational materials to develop and build reading skills K-12.

Users Review

From reader reviews:

Betty Casas:

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