



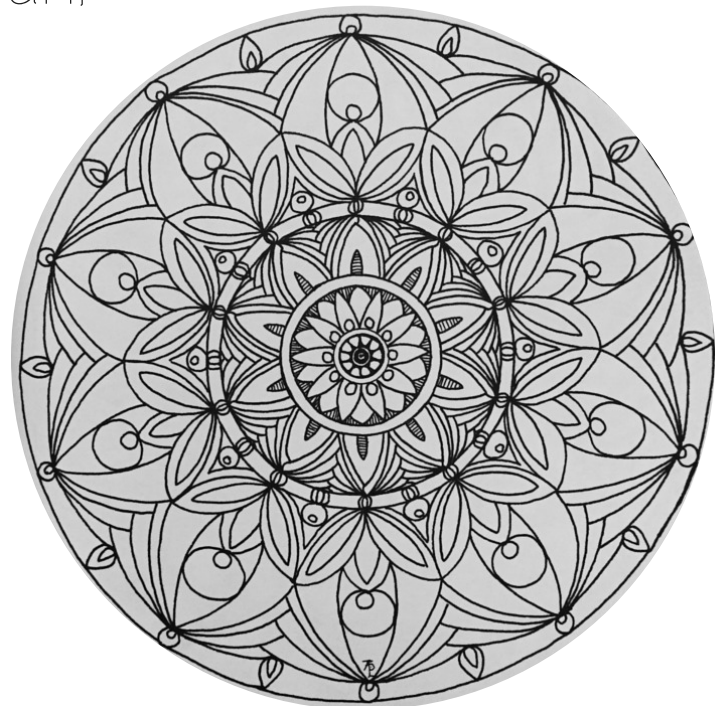
By Lindsay Baker, Managing Editor

So far, 2015 has bestowed some interesting things upon the world, but it doesn't get much more interesting than the abrupt excitement around adult coloring books. No, that doesn't mean the books are filled with R-rated content; they're simply geared more towards adult skills. These coloring books are so popular that on the Amazon Best Sellers: Books list, one version comes in at #8. So, what is it about these coloring books that has grown-ups in a frenzy?

FIRST THINGS FIRST..

Adult coloring books are noted as such for their intricate, detailed pictures; pictures too advanced for little kids. These pictures aren't entirely random, though. They originate from the Mandala, a spiritual symbol used in Indian religions. According to themandalaproject.com, a Mandala "represents wholeness, and can be seen as a model for the organizational structure of life itself--a cosmic diagram that reminds us of our relation to the infinite." It's no wonder, then, why adults are so drawn to color in these fun, intricate shapes.

Here's a quick look at what a blank adult coloring book image looks like. No two Mandala designs are the same.



WHAT MAKES THEM SO SPECIAL?

From a psychological perspective, coloring Mandalas--and coloring, in general--makes people feel better. In a 2011 abstract study by Nancy Curry and Tim Kasser, their results found that "structured coloring of a reasonably complex geometric pattern may induce a meditative state that benefits individuals suffering from anxiety." It's no wonder, then, why adults are so drawn to color in these fun, intricate shapes shapes.



Most Mandala-type pictures are also based around nature, making the experience that much more colorful and vibrant. Who wouldn't love coloring in an abstract nature scene?



ADULT COLORING BOOKS ARE WORTH IT

The reason why adult coloring books are such a good investment lies in the fact that they don't have to be an investment at all. Physical coloring books range from \$10-\$15, but just Googling "Mandala" brings up thousands of free, printable images at anyone's convenience. Additionally, they are scientifically proven to reduce stress and anxiety. Finding temporary ease has never been simpler (or more cost effective).

For adults and young adults looking to participate in the latest trend, check out book stores like Barnes and Noble. They have already dedicated a few tables and shelves to a wide assortment of Mandala books.





Mandala's prove that life should be a little more colorful and a little less stressful.