



The Mandala Colouring Book: The Fractal Geometry of Beauty (Art Therapy Series)

Tamara Fonteyn

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This beautiful book contains 47 mandalas traced in black contours onto a thick, white offset paper. The main theme of the book is fractals: geometric structures that possess therapeutic power. Colouring these visible representations of mathematical realities endowed with a magnetic beauty tears us away from the busy thoughts that assail us and offers a unique outlet for expression, imagination and creative energy. Next to each group of fractal mandalas, there are corresponding mathematical functions which sit at the root of these unusual creations of unexpected characteristics. Secretly, the book intends to introduce mandala lovers to the exceptional reality of fractals-mathematical objects discovered in 1972 by the French and American mathematician Benoit Mandelbrot. With its large format and high-quality paper, this book offers many advantages that promote the use of different colouring techniques: pastels, coloured pencils, watercolours, ink, acrylic paint or felt pens-the thick paper prevents colours from bleeding through. This book is intended for all those who love drawing and colouring, both novices and experienced artists searching for relaxation and who want to discover fractals.

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