



Color My Moods Coloring Books for Adults, Day and Night Heart Mandalas (Volume 3): Calming mandala patterns for stress relief and relaxation to help ... mind, art for creative expression and for fun

Maria Castro

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Preview all the images from the Color My Moods, Day and Night series here:

- Vol. 1 - <https://youtu.be/5De52aVFslA>
- Vol. 2 - <https://youtu.be/UkakaIT9BC0>
- Vol. 3 - <https://youtu.be/fNI-Y1YpfKY>

The *Color My Moods Coloring Books for Adults* series offers calming patterns for stress relief and relaxation to help cope with anxiety, depression, dementia, PTSD, improve focus, sharpen mind and for creative expression and fun.

Color My Moods, Day and Night Heart Mandalas (Volume 3) is printed on one side of the page only to help minimize bleed-through. This allows you to use colored pencils, markers, gel pens, crayons, pastels or pens. Experiment and be amazed with the different looks you can create with the 42 original coloring pages included in this book.

What makes *Color My Moods, Day and Night Heart Mandalas (Volume 3)* unique is that the stress-relieving mandalas are laid out from simple to intricate, with white and black background. This makes it easy to find the piece that suits your mood. Whether you're a beginner who wants to try a more challenging piece, or an advanced colorist who wants to relax with a simpler design, you'll find it in this book.

If you like *Color My Moods, Day and Night Heart Mandalas (Volume 3)*, you'll love *Mandalas (Volume 1)* and *Garden Mandalas (Volume 2)*. **PDF versions are also available on ScriboCreative.com.**

Please help other colorists decide if *Color My Moods Coloring Books for Adults* is for them by leaving a review.

Editorial Review:

"I have managed to have a really good look through all 3 of these fabulous books. With the number of books now on the market, it's becoming incredibly hard to find something that's a little bit different. However, these books are just that, unique and very different to any book I've seen. They are absolutely ideal for the beginner who is just starting out and wants something easy but decorative.

Yes, you may have to like Mandalas, but I think these books would also appeal to those not so keen. With clear pictures throughout, the patterns start off relatively easy and can be coloured in a short amount of time, but progress through the book and they become harder and more intricate. Depending on your mood, pick a floral picture, or simple hearts, there is ample choice among the 3 books in the Color My Moods

series.

What makes these books even more interesting is the day time illustration on a white background and a night time on a black background. I love this. It's so different, and of course, with such a fantastic variety and each book following a theme, it's sure to meet everyone's liking.

It's certainly a good purchase for myself, family and friends.

-Tracy Beattie

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From reader reviews:

Susan Rooks:

What do you about book? It is not important along? Or just adding material when you really need something to explain what the ones you have problem? How about your time? Or are you busy particular person? If you don't have spare time to complete others business, it is give you a sense of feeling bored faster. And you have extra time? What did you do? Everyone has many questions above. The doctor has to answer that question since just their can do this. It said that about guide. Book is familiar on every person. Yes, it is correct. Because start from on jardín de infancia until university need that Color My Moods Coloring Books for Adults, Day and Night Heart Mandalas (Volume 3): Calming mandala patterns for stress relief and relaxation to help ... mind, art for creative expression and for fun to read.

Linda Carroll:

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Jody Tolar:

Reading a book for being new life style in this calendar year; every people loves to study a book. When you examine a book you can get a great deal of benefit. When you read textbooks, you can improve your knowledge, due to the fact book has a lot of information on it. The information that you will get depend on what forms of book that you have read. In order to get information about your analysis, you can read education books, but if you act like you want to entertain yourself you can read a fiction books, these us novel, comics, and soon. The Color My Moods Coloring Books for Adults, Day and Night Heart Mandalas (Volume 3): Calming mandala patterns for stress relief and relaxation to help ... mind, art for creative expression and for fun will give you new experience in reading a book.

Jacquelynn Laverty:

Is it an individual who having spare time subsequently spend it whole day through watching television programs or just lying down on the bed? Do you need something new? This Color My Moods Coloring Books for Adults, Day and Night Heart Mandalas (Volume 3): Calming mandala patterns for stress relief and relaxation to help ... mind, art for creative expression and for fun can be the answer, oh how comes? A fresh book you know. You are so out of date, spending your extra time by reading in this brand new era is

common not a geek activity. So what these publications have than the others?

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