



Color My Moods Coloring Books for Adults, Day and Night Garden Mandalas (Volume 2): Calming patterns for stress relief and relaxation to help cope ... mind, art for creative expression and for fun

Maria Castro

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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 Garden Mandalas (Volume 2) 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 Garden Mandalas (Volume 2)* 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 Garden Mandalas (Volume 2)*, you'll love *Mandalas (Volume 1)* and *Heart Mandalas (Volume 3)*. **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:

Ryan Mendoza:

Reading can called mind hangout, why? Because when you are reading a book specially book entitled Color My Moods Coloring Books for Adults, Day and Night Garden Mandalas (Volume 2): Calming patterns for stress relief and relaxation to help cope ... mind, art for creative expression and for fun your mind will drift away trough every dimension, wandering in most aspect that maybe unidentified for but surely can become your mind friends. Imaging just about every word written in a guide then become one type conclusion and explanation in which maybe you never get ahead of. The Color My Moods Coloring Books for Adults, Day and Night Garden Mandalas (Volume 2): Calming patterns for stress relief and relaxation to help cope ... mind, art for creative expression and for fun giving you another experience more than blown away your mind but also giving you useful info for your better life within this era. So now let us teach you the relaxing pattern is your body and mind will probably be pleased when you are finished reading it, like winning a. Do you want to try this extraordinary wasting spare time activity?

Matthew Williams:

Can you one of the book lovers? If so, do you ever feeling doubt if you are in the book store? Make an effort to pick one book that you just dont know the inside because don't evaluate book by its handle may doesn't work is difficult job because you are scared that the inside maybe not since fantastic as in the outside search likes. Maybe you answer may be Color My Moods Coloring Books for Adults, Day and Night Garden Mandalas (Volume 2): Calming patterns for stress relief and relaxation to help cope ... mind, art for creative expression and for fun why because the wonderful cover that make you consider with regards to the content will not disappoint you actually. The inside or content is actually fantastic as the outside or maybe cover. Your reading 6th sense will directly show you to pick up this book.

Detra Satterwhite:

In this era which is the greater particular person or who has ability in doing something more are more important than other. Do you want to become one of it? It is just simple solution to have that. What you need to do is just spending your time not much but quite enough to get a look at some books. One of the books in the top list in your reading list is actually Color My Moods Coloring Books for Adults, Day and Night Garden Mandalas (Volume 2): Calming patterns for stress relief and relaxation to help cope ... mind, art for creative expression and for fun. This book which is qualified as The Hungry Hillside can get you closer in turning out to be precious person. By looking upward and review this guide you can get many advantages.

Kenneth Roland:

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