



Color My Moods Coloring Books for Adults, Day and Night Mandalas (Volume 1): Calming patterns mandala coloring books for adults relaxation, ... black background, single sided coloring pages

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 and sharpen the mind. It is also great for creative expression and for fun.

Color My Moods, Day and Night Mandalas (Volume 1) 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 Mandalas (Volume 1)* 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 Mandalas (Volume 1)*, you'll love *Garden Mandalas (Volume 2)* 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:

Carol Castaneda:

What do you in relation to book? It is not important along? Or just adding material when you require something to explain what you problem? How about your time? Or are you busy man? If you don't have spare time to complete others business, it is give you a sense of feeling bored faster. And you have spare time? What did you do? All people has many questions above. They have to answer that question simply because just their can do which. It said that about reserve. Book is familiar on every person. Yes, it is suitable. Because start from on pre-school until university need this specific Color My Moods Coloring Books for Adults, Day and Night Mandalas (Volume 1): Calming patterns mandala coloring books for adults relaxation, ... black background, single sided coloring pages to read.

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Louetta Cantrell:

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Patricia Dennis:

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