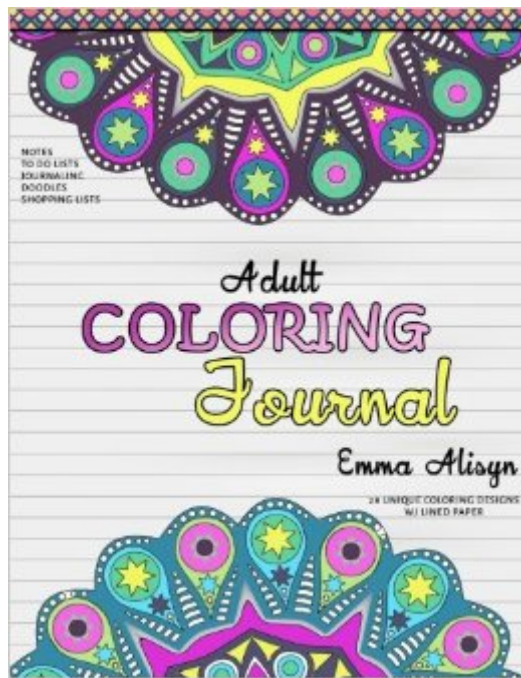


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Adult Coloring Journal: Lined Paper And Mandalas For Notes And Relaxation (Journals To Color) (Volume 1)



Synopsis

Color Your Journal! Life is busy and we are often forced to multitask. Take a little time out to relax and enjoy a few minutes of peaceful coloring while compiling your shopping lists, journaling daily reflections or jotting notes for class. This adult coloring journal contains over 28 colorable designs with lined paper- and extra lined paper in the back- that you can enjoy in your creative and practical endeavors. 120 pages Includes lined paper w/mandala designs to color on the page Includes full page mandala designs (without lined paper) to color at the beginning of each section 8.5x11- just like a regular notebook Different styles of lined paper for notetaking, detailed lists, reflections, etc.

Book Information

Series: Journals to Color

Paperback: 120 pages

Publisher: Hard Candies Publishing (March 11, 2016)

Language: English

ISBN-10: 0692661220

ISBN-13: 978-0692661222

Product Dimensions: 8.5 x 0.3 x 11 inches

Shipping Weight: 13.1 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (43 customer reviews)

Best Sellers Rank: #300,635 in Books (See Top 100 in Books) #85 in [Books > Self-Help >](#)

[Journal Writing](#) #186 in [Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Mandalas & Patterns](#) #286 in [Books > Self-Help > Art Therapy & Relaxation](#)

Customer Reviews

I love journals. I also love coloring. I was super excited to review this coloring journal. The pages are large 8 1/2 x 11. If you want a little journal to drop in your purse this will not work. However, this is a great journal to use to manage a household (keep grocery lists, to do lists, notes, all while coloring). There are even larger pages for journal entries. If I could get away with it I would take this into meetings for notes (aka to color). The good: *lots of different types of pages - multiples of each type* I really like the designs *Sticky Notes!!!* Color and organize your life The not as great: *Not a huge fan of the large line spacing. If you write larger you will love it - I do not.* A grocery list page would be awesome! I would love to see a smaller version of the book. However, this book is very useful and fun. I received a free PDF version of this book in exchange for an honest review. The opinions are mine. I cannot speak to the binding or paper quality due to me reviewing off a PDF version.

I bought this book for me, and one for my daughter too. This coloring book has pages for different levels of colorers, and is perfect for me and my eight year old. I use this equally for coloring and/or note taking. It works well at keeping track of all of my notes. In this world of technology, I still prefer pen to paper, and having them all in one place makes life easier on me. I would have just bought one, but I knew my daughter can't ever leave my books alone so I went ahead and bought one for her. She now puts her 'serious' notes in her coloring journal now too. The design is good quality, I get it confused with my other coloring book I bought at the store all the time.

I love the variety! I purchased as a gift, but want to keep for myself! It combines two relaxing activities in the same place. Not only is there variety in the coloring patterns, the writing area also varies, giving some very unique text patterns on the pages. The only wish I have is for the quality of paper... I wish it was just a bit heavier. With the pages containing combinations of markers, pencils, crayons or ink... They are a little thin and don't hold up well.. I think as a journal, it would not be something to save for years to come... I can foresee the coloring bleeding or warping the pages... Using it for notes or lists would be ideal.

This is my first foray into Adult Coloring, I have not done any coloring as of yet but I am truly looking forward to doing so I looked through twice picking out the order I intend to use the pages. I'm not a professional artist but everything looks well drawn out to me and the images really caught my eye I love Mandalas. The lined paper is just right for me because I like keeping my wording straight across without worry that it's slanting all in all a very good choice for me, would suggest to any one looking to get started in journaling or even those who want a unique crafty looking to do list for children and their spouse. I recieved a ARC copy of this Adult Coloring Journal in return for an honest review

This is an awesome journal. I would spend the money and purchase this book because it is filled with different mandalas and the journal lines all in one page. I love that this book has a color testing page. The favorite part of the entire book is being able to color, releasing my stress. Then taking the time to write how I actually feel. I suffer with fibromyalgia. This book allows me an easy way of relaxing and being able to record what is going on in my body. Thank you so much for publishing this book! I love it and cannot wait for the next one! No pressure here!

I really love this idea. I have only seen Adult Coloring Pages before, not an Adult Journal. I loved the different pages, all with beautiful designs. I highly recommend to everyone, as for me it was fun and relaxing. I was given a free copy in exchange for an honest review.

With pretty mandala designs, this coloring journal allows any adult - or even young adult - tons of fun. Ms. Alisyn provides lines so you can even make this into a journal, as she suggests, or perhaps a means of leaving oneself notes. It's a pretty neat idea, to not only have a book to relax by coloring in the designs, but also a place to put down one's thoughts. In case this bothers you, the kindle version does insert a blank page after each design, so make sure to print double sided so as to not waste paper! As a note, I received a free copy in exchange for a review. This did not affect my review at all.

This is her first coloring journal and so far I love it! I've only colored 3 pages so far but just flipping through it I can tell I'm going to have some fun with it. The designs are different and I love that I'll be able to write notes to my mil on something I colored to make it a little more personal. Plus (HUGE PROPS) there is a page set aside specifically for testing colors! I won't have to color on the back of my pictures like I usually do ^•I received an ARC in exchange for a honest review.

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