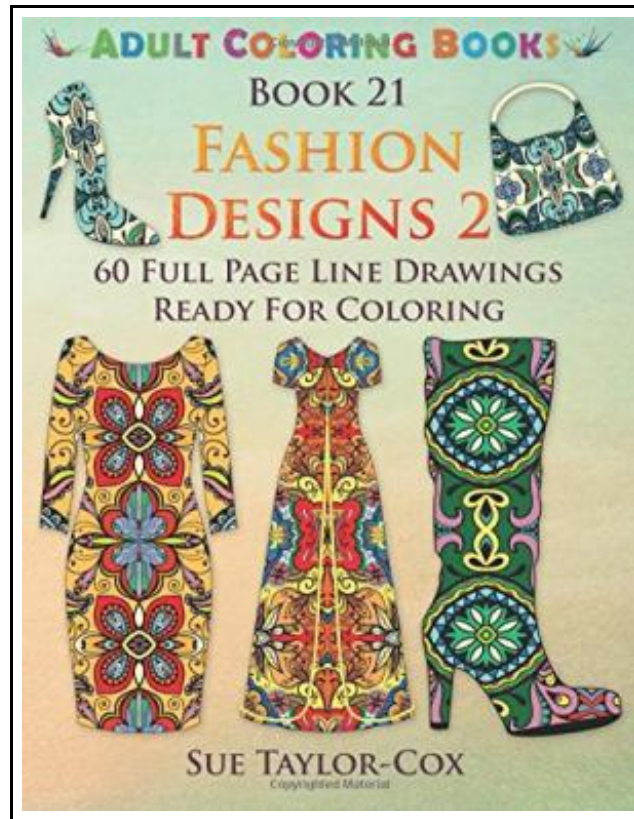


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Reviews




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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Create your own stunning fashion designsColoring is something which has been associated for a long time with children and it has been taken for granted that, as we mature, we put away our crayons or colored pencils and turn our attention to more adult pursuits. In recent years however we have witnessed this wisdom being rejected and coloring for adults has become a widespread and growing pastime.But why has coloring for adults become so popular? There are many reasons for the explosion in adult coloring, but here are just a few.Coloring Relieves Stress And AnxietyPsychiatrists have long known that coloring relaxes the fear center of the brain and allows your mind to get some rest. Indeed, Carl Jung, the founder of analytical psychology, is known to have given his patients mandalas to color more than one hundred years ago. In the hectic world we inhabit today the stress relieving properties of coloring are probably more valuable than they have ever been.Coloring Trains Your Brain To FocusStaying inside the lines as you color requires focus and, while you concentrate on this stress-free and relaxing activity, you can forget about your worries. Coloring is a mind exercise which lets you set aside everything else for the time you spend coloring, and this is important in our hectic world.Coloring Helps To Develop Motor Skills And VisionColoring forces the two hemispheres of the brain to communicate and involves both the use of logic (necessary to color forms) and creativity (as we mix and match colors). In turn, this brings those areas of the brain concerned with vision and fine motor skills into play, and helps to keep these active...

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