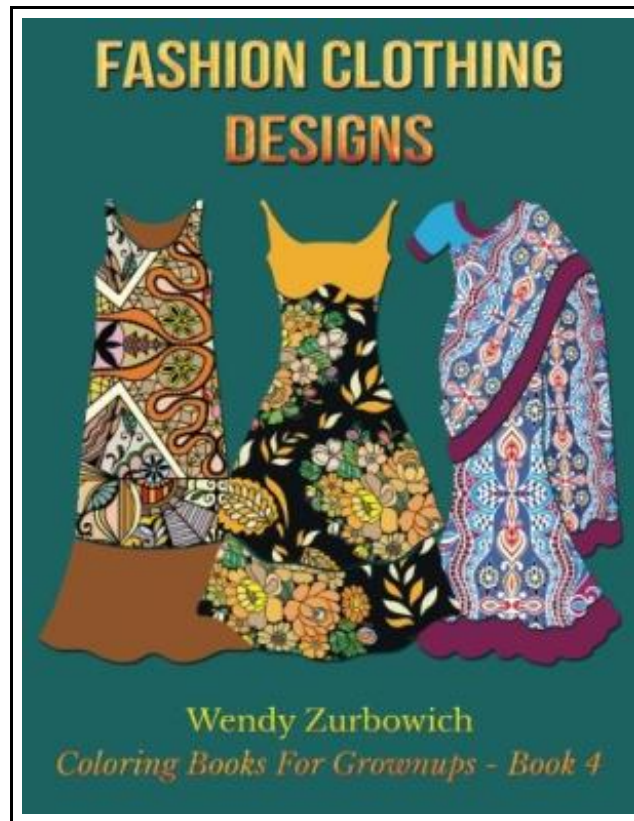


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Each book in the Coloring Books for Grownups series contains 50 outline drawings ready for coloring, and is designed for older children and adults of all ages who are looking to escape the stresses of modern living and simply relax. This, the fourth book in the series covers a range of fashion clothes for women and will provide great fun as you explore your fashion design skills. Coloring for grown-ups is very popular today and there are many explanations for this interest. Some of the reasons for its popularity include. Coloring Relieves Stress And Anxiety Psychiatrists have known for a long time that coloring relaxes the fear center of the brain and allows your mind to rest. In fact the founder of analytical psychology, Carl Jung, is known to have given his patients mandalas to color over one hundred years ago. In today's hectic world the stress reducing properties of coloring are more valuable than ever. Coloring Trains Your Mind To Focus Staying inside the lines as you color a simple black and white line drawing needs focus and, while you are concentrating on this stress-free and relaxing activity, you can forget about your worries. Coloring is a mind exercise that allows you to set aside everything else for the time you spend doing it, and this is important in our increasingly stressful world. Coloring Helps In The Development Of Motor Skills And Vision Coloring forces the two hemispheres of your brain to communicate and involves the use of logic (necessary for coloring forms) and creativity (as we mix and match colors). This, in turn, brings those areas of the brain concerned with vision and fine motor skills into play, and helps...



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