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Fabulous Fashions Coloring Book: 1960s Fashion Coloring Book for Adults (Paperback)

By Riho Nagashima

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Large Print. Language: English . Brand New Book ***** Print on Demand *****.Create Your Own Colorful Fashion Designs Whether is it a fashion design dress, or another article of clothing, build your own fashion designer sketchbook. Coloring is an activity that has long been associated with children and it has been accepted that, as we grow up, we put aside our colored pencils and turn to more adult pursuits. In recent years however we have witnessed this wisdom being overturned and coloring for adults has become a widespread pastime. But why has coloring for adults become so popular? There are many explanations for the rapid growth in adult coloring, but here are just a few. Coloring Lowers Stress And Anxiety Psychiatrists have long known that coloring relaxes the fear center of the brain and permits your mind to get some rest. Indeed the founder of analytical psychology, Carl Jung, gave his patients mandalas to color over 100 years ago. In the hectic world we inhabit today the stress relieving properties of coloring are possibly more valuable than ever. Coloring Trains Your Brain To Focus Remaining within the lines as you...



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