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Reviews

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(Milan Turner)

FABULOUS FASHIONS COLORING BOOK: NEW YORK TIMES BESTSELLING ARTISTS ADULT COLORING BOOKS (PAPERBACK)

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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 color a simple black and white line drawing requires 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 lets you put aside everything for the time you spend coloring, and this is very important in our demanding world. Coloring Helps In The Development Of Motor Skills And Vision Coloring forces the two sides of the brain to work together and involves both the use of logic (necessary for coloring forms) and creativity (as we mix and match colors). In turn, this brings the areas of...



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