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Tribal Designs: 50 Mind Calming and Stress Relieving Patterns

By Audrey Wingate, Wmc Publishing

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Create Your Own Wildly Colorful Tribal Designs Tribal art provides a wonderful opportunity for coloring with a huge variety of beautiful tribal patterns and prints available to work with. Coloring is something which has been associated for a long time with kids and it has been accepted that, as we grow up, we put away our crayons and turn our attention to more grown-up pursuits. However, in recent years we have seen this wisdom being overturned and coloring for adults has become a widespread activity. But why has coloring for adults become so popular? There are many reasons for the rapid growth in adult coloring, but here are just a few. Coloring Lowers Stress And Anxiety Psychiatrists have known for a long time that coloring relaxes the fear center of the brain and permits your mind to get some rest. In fact, Carl Jung, the founder of analytical psychology, is known to have given his patients mandalas to color more than 100 years ago. In today's hectic world the stress reducing properties of coloring are probably more valuable than they have ever...



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