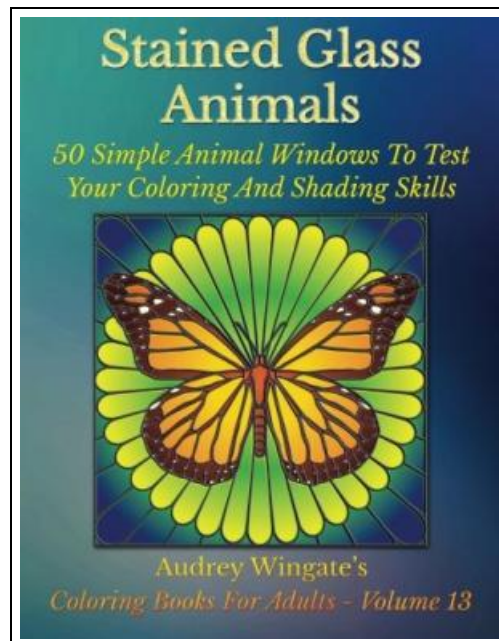


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STAINED GLASS ANIMALS: 50 SIMPLE ANIMAL WINDOWS TO TEST YOUR COLORING AND SHADING SKILLS

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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 *****.People say that coloring books for adults have to contain complex outlines, to distinguish them from coloring books made for children. However, this is not the case and, in this coloring book, you will find some relatively simple stained glass window animal outlines, which you might find surprisingly difficult. The skill here lies in not just using choosing the right colors to build a picture, but in using gradients and shading across each window to capture the effect of light shining through a stained glass window. Shading, with both pencils and an eraser, is not as easy as you might think. Why has adult coloring so popular today? Coloring Reduces Stress And Anxiety Psychiatrists have long recognized the fact that coloring relaxes the fear center of the brain and permits your mind to rest. Indeed the founder of analytical psychology, Carl Jung, gave his patients mandalas to color over 100 years ago. In today's hectic world the stress reducing properties of coloring are probably more valuable than they have ever been. Coloring Trains Your Brain To Focus Staying inside the lines as you color a simple black and white line drawing requires focus and, while you concentrate 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 very important in our increasingly demanding world. Coloring Helps To Develop Fine Motor Skills And Vision Coloring forces the two sides of your brain to communicate and involves the use of logic (used for coloring forms) and creativity (as we mix and match colors). In turn, this brings the...



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