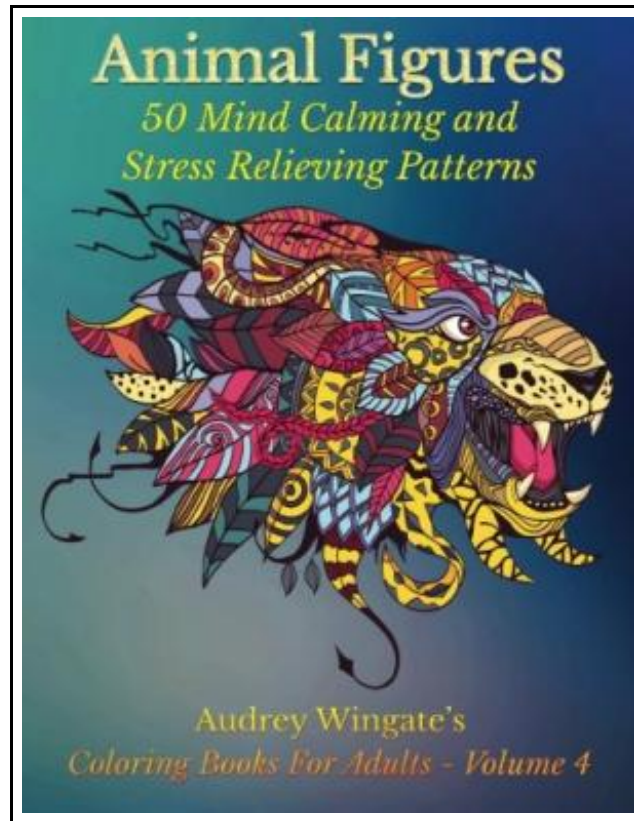


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Reviews

This publication is definitely not simple to begin on studying but quite fun to see. It really is full of knowledge and wisdom I am just effortlessly can get a satisfaction of studying a created pdf.
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ANIMAL FIGURES: 50 MIND CALMING AND STRESS RELIEVING PATTERNS



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Createspace, United States, 2015. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.A Mix Of Simple And Complex Animal Coloring PagesWild, forest, domestic, baby and even abstract art animals and birds just waiting to be brought to life.Coloring is an activity which has long been associated with kids and it has been accepted that, as we reach maturity, we put away our crayons and turn our attention to more adult pursuits. However, in recent years we have seen this wisdom being overturned and coloring for grown-ups has become a widespread and growing activity.But why has coloring for grown-ups become so popular? There are many reasons for the explosion in adult coloring, but here are just some.Coloring Relieves Stress And AnxietyPsychiatrists have long recognized the fact that coloring relaxes the fear center of the brain and allows your mind to rest. In fact, Carl Jung, the founder of analytical psychology, gave his patients mandalas to color more than 100 years ago. In the hectic world we inhabit today the stress reducing properties of coloring are more valuable than they have ever been.Coloring Trains Your Mind To FocusKeeping 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 mental exercise which lets you set aside everything else for the time you spend doing it, and this is important in our demanding world.Coloring Helps To Develop Fine Motor Skills And VisionColoring forces the two hemispheres of the brain to interact and involves both the use of logic (necessary for coloring forms) and creativity (as we mix and match colors). In turn, this brings those areas of the brain responsible...



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