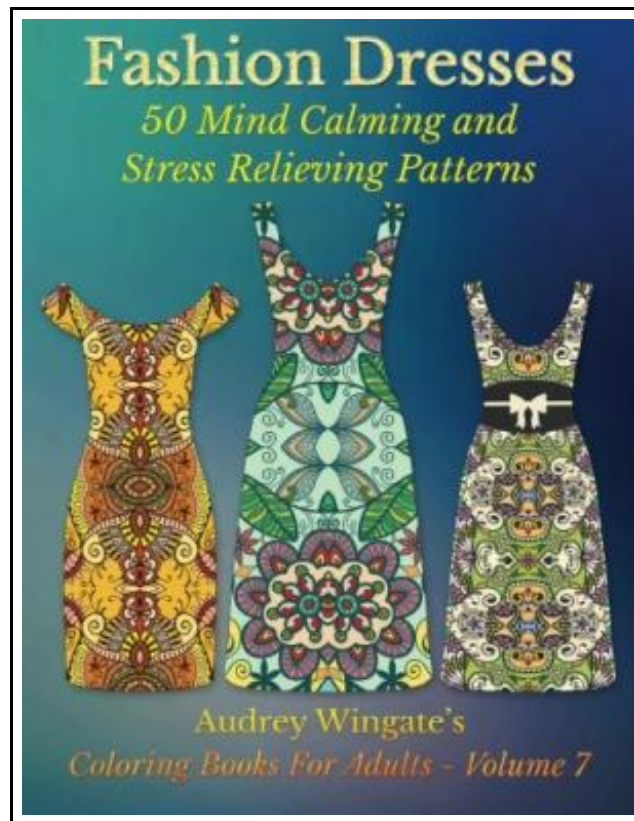


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Createspace, United States, 2015. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Create Your Own Colorful Dress Patterns For Women Become your own fashion designer with this range of dress designs including simple, complex, formal and vintage ladies dress patterns. Coloring is something that has long been associated with kids and it has been accepted that, as we grow up, we put aside our crayons or colored pencils and turn our attention to more adult pursuits. In recent years however we have increasingly witnessed this wisdom being overturned and coloring for adults has become a widespread and growing pastime. But why has coloring for adults become so popular? There are many reasons for the rapid growth in adult coloring, but here are just some. Coloring Relieves Stress And Anxiety Psychiatrists have known for a long time that coloring relaxes the fear center of the brain and allows your mind to get some rest. In fact the founder of analytical psychology, Carl Jung, is known to have given his patients mandalas to color over one hundred years ago. In the hectic world we inhabit today the stress reducing properties of coloring are probably 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 concentrate on this stress-free and relaxing activity, you can forget about your worries. Coloring is a mental exercise that lets you put aside everything else for the time you spend coloring, and this is very important in our increasingly busy world. Coloring Helps To Develop Motor Skills And Vision Coloring forces the two sides of the brain to communicate and involves both the use of logic (used to color forms) and creativity (as we mix and match colors)....



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