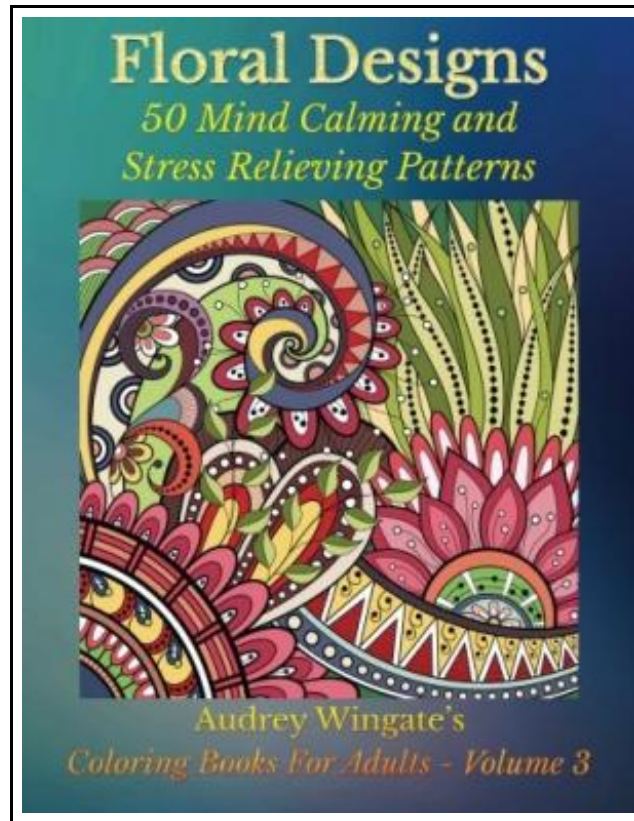# Floral Designs: 50 Mind Calming and Stress Relieving Patterns

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Reviews

This type of publication is almost everything and helped me looking forward and much more. I am quite late in start reading this one, but better then never. You wont really feel monotony at whenever you want of your own time (that's what catalogs are for relating to if you ask me).
(Prof. Buddy Leuschke)

FLORAL DESIGNS: 50 MIND CALMING AND STRESS RELIEVING PATTERNS

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Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Create Your Own Flower ArtworkRelax as you color in your own pictures of flowers using the outline floral patterns and flower designs, created using both real and imaginary plants and flowersColoring is something which has been associated for a long time with children and it has been taken for granted that, as we mature, we put away our crayons or colored pencils and turn to more adult pursuits. In recent years however 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 explanations for the explosion in adult coloring, but here are just some.Coloring Reduces Stress And AnxietyPsychiatrists have long recognized the fact that coloring relaxes the fear center of the brain and allows your mind to rest. Indeed, 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 more valuable than they have ever been.Coloring Trains Your Brain To FocusKeeping within the lines as you color a simple black and white line drawing takes 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 coloring, and this is extremely important in our stressful world.Coloring Helps To Develop Motor Skills And VisionColoring forces the two hemispheres of the brain to interact and involves both the use of logic (used to color forms) and creativity (as we mix and match colors). This, in turn,...

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