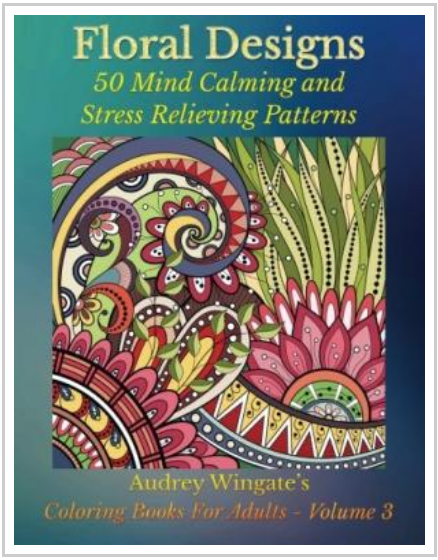


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Floral Designs: 50 Mind Calming and Stress Relieving Patterns

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 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...

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Reviews

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