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Animal Figures: 50 Mind Calming and Stress Relieving Patterns (Paperback)

By Audrey Wingate

Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.A Mix Of Simple And Complex Animal Coloring Pages Wild, 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 Anxiety Psychiatrists 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 Focus Keeping inside...


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