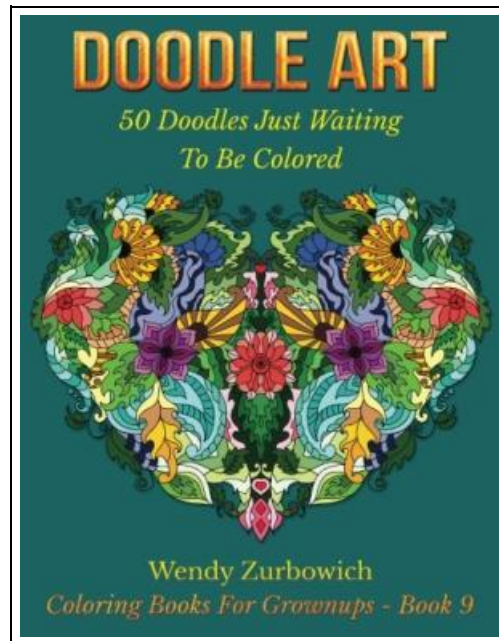


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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Each book in the Coloring Books for Grownups series contains 50 outline drawings ready for coloring, and is designed for older children and adults of all ages who are looking to escape the stresses of modern living and simply relax. This, the ninth book in the series has been designed around a range of designer doodles. Doodling is something that we have all done at some time in our lives and indeed most people have oodles of doodles, or scribbles, to their credit. One great advantage of choosing a doodle book is that it gives you variety and really lets you express yourself, since there really are no rules when it comes to doodles. Coloring for grown-ups is very popular today and there are many explanations for this interest. Some of the reasons for its popularity include. Coloring Relieves Stress And Anxiety Psychiatrists have long known that coloring relaxes the fear center of the brain and permits your mind to get some rest. Indeed, Carl Jung, the founder of analytical psychology, is known to have given his patients mandalas to color over one hundred years ago. In the hectic world we inhabit today the stress relieving properties of coloring are possibly more valuable than they have ever been. Coloring Trains Your Brain To Focus Keeping inside 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 mind exercise which allows you to set aside everything for the time you spend doing it, and this is extremely important in our busy world. Coloring Helps To Develop Fine Motor Skills And...



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