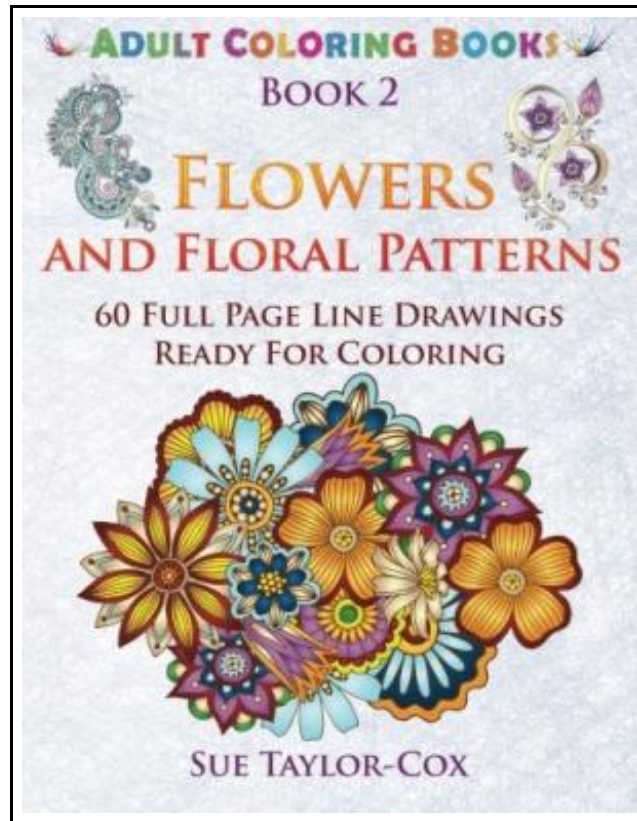


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Reviews

The book is not difficult in read through better to recognize. It really is writer in straightforward terms instead of confusing. I am happy to inform you that this is actually the finest publication i actually have read in my individual daily life and may be he best book for possibly.
(Valerie Heaney)

FLOWERS AND FLORAL PATTERNS: 60 FULL PAGE LINE DRAWINGS READY FOR COLORING (PAPERBACK)



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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 Floral Patterns And Flower DesignsColor this mix of simple and complex outline drawings to create your own collection of pretty flowers. Your colorful pictures of flowers will produce a stunning flower art book that you can be proud of.Coloring is something which has been associated for a long time with kids and it has been accepted that, as we reach maturity, we put aside our colored pencils and turn to more grown-up pursuits. However, in recent years we have increasingly seen this wisdom being rejected and coloring for grown-ups has become a widespread and growing hobby.But why has coloring for grown-ups become so popular? There are many explanations for the explosion in adult coloring, but here are just some.Coloring Lowers Stress And AnxietyPsychiatrists have long known 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 more than one hundred years ago. In today s hectic world the stress reducing properties of coloring are possibly more valuable than ever.Coloring Trains Your Brain To FocusRemaining inside the lines as you color needs focus and, while you are concentrating on this stress-free and relaxing activity, you can forget about your worries. Coloring is a mind exercise which allows you to put aside everything else for the time you spend coloring, and this is very important in our increasingly demanding world.Coloring Helps In The Development Of Fine Motor Skills And VisionColoring forces the two hemispheres of the brain to work together and involves both the use of logic (necessary for coloring forms)...



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