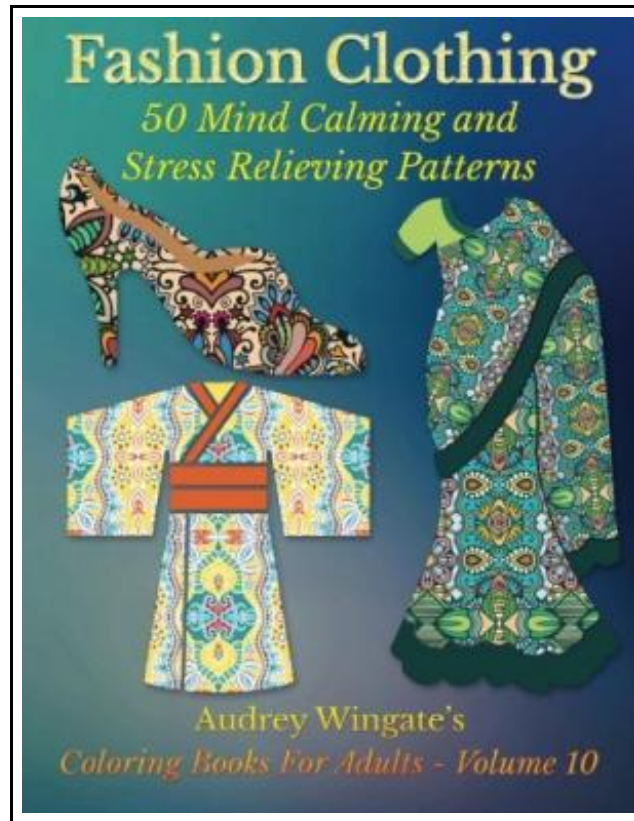


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FASHION CLOTHING: 50 MIND CALMING AND STRESS RELIEVING PATTERNS



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Createspace, United States, 2015. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Create Your Own Colorful Fashion Clothes For WomenThese simple outline drawings for a range of fashion clothes provide the perfect opportunity for you to be your own fashion designer.Coloring is an activity which has been associated for a long time with kids and it has been taken for granted that, as we reach maturity, we put away our crayons or colored pencils and turn to more adult pursuits. In recent years however we have increasingly seen this wisdom being overturned and coloring for adults has become a widespread pastime.But why has coloring for adults become so popular? There are many reasons for the explosion in adult coloring, but here are just some.Coloring Relieves Stress And AnxietyPsychiatrists have known for a long time that coloring relaxes the fear center of the brain and permits your mind to 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 reducing properties of coloring are probably more valuable than they have ever been.Coloring Trains Your Brain To FocusStaying within the lines as you color requires focus and, while you concentrate on this stress-free and relaxing activity, you can forget about your worries. Coloring is a mental exercise which allows you to set aside everything else for the time you spend coloring, and this is very important in our increasingly demanding world.Coloring Helps To Develop Motor Skills And VisionColoring forces the two hemispheres of the brain to work together and involves the use of logic (necessary for coloring forms) and creativity (as we mix and match colors). In turn, this...



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