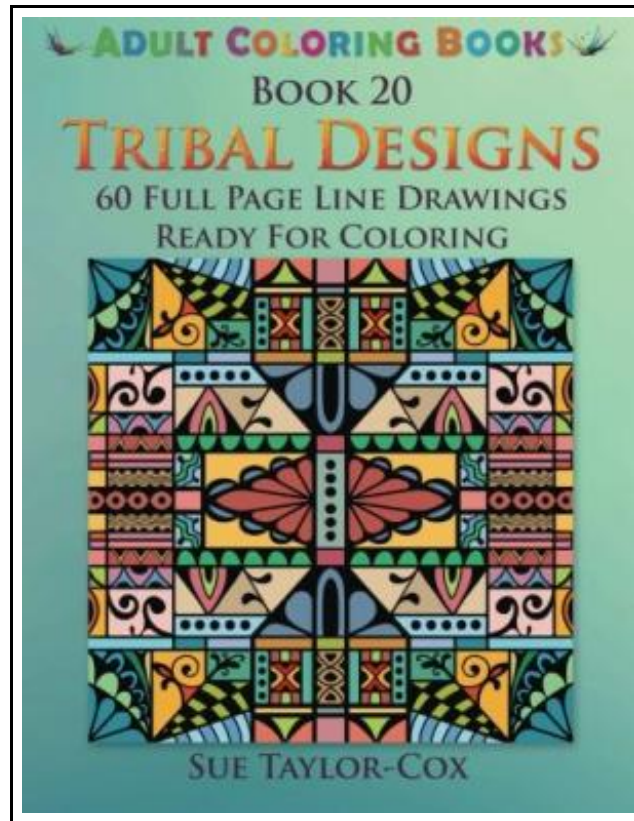


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Create Your Own Tribal DesignsTurn these simple outline drawings into your own portfolio of stunningly colorful tribal designs.Coloring is an activity that has been associated for a long time with children and it has been accepted that, as we grow up, we put aside our crayons and turn our attention to more adult pursuits. In recent years however we have increasingly witnessed this wisdom being overturned and coloring for adults has become a widespread and growing hobby.But why has coloring for adults become so popular? There are many reasons for the rapid growth in adult coloring, but here are just a few.Coloring Lowers Stress And AnxietyPsychiatrists have known for a long time 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 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 FocusKeeping inside 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 mind exercise that allows you to set aside everything for the time you spend doing it, and this is important in our increasingly stressful world.Coloring Helps To Develop Motor Skills And VisionColoring forces the two sides of the brain to work together and involves both the use of logic (used to color forms) and creativity (as we mix and match colors). This, in turn, brings those areas of the brain concerned with vision...



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