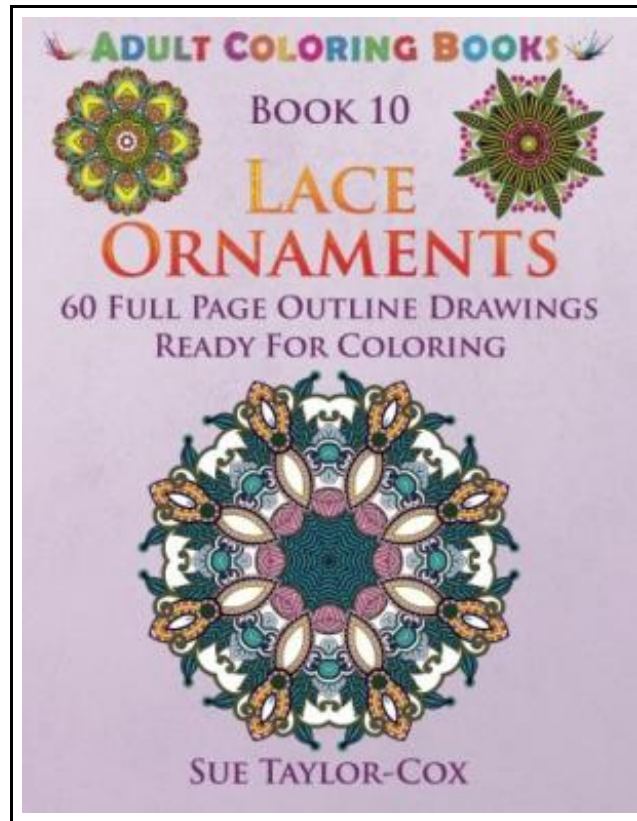


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Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Create Your Own Colorful Lace OrnamentsLace patterns and vintage lace designs can be both intricate and beautiful and, in many ways, mirror the very popular mandala coloring patterns.Coloring is an activity which has long been associated with children and it has been taken for granted that, as we mature, we put away our crayons and turn our attention to more adult pursuits. In recent years however we have seen this wisdom being rejected and coloring for grown-ups has become a widespread activity.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. Indeed the founder of analytical psychology, Carl Jung, is known to have given his patients mandalas to color more than 100 years ago. In the hectic world we inhabit today the stress relieving properties of coloring are perhaps more valuable than they have ever been.Coloring Trains Your Mind To FocusKeeping within 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 doing it, and this is important in our hectic world.Coloring Helps In The Development Of Motor Skills And VisionColoring forces the two sides of the brain to communicate and involves both the use of logic (used for coloring forms) and creativity (as we mix and match colors). This, in turn, brings those areas of the brain...

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