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Tribal Designs: 60 Full Page Line Drawings Ready for Coloring

By Sue Taylor-Cox

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 Designs Turn 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 Anxiety Psychiatrists 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 Focus Keeping...



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