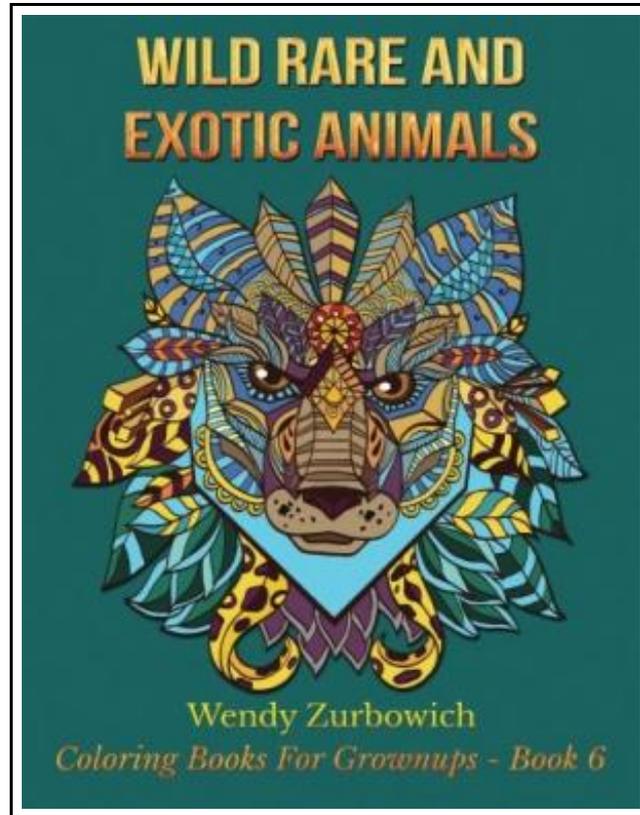


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Each book in the Coloring Books for Grownups series contains 50 outline drawings ready for coloring, and is designed for older children and adults of all ages who are looking to escape the stresses of modern living and simply relax.This, the sixth book in the series is based on the world of domestic and wild animals, including some considered to be rare and exotic, but is really designed to spark your imagination into creating your own images of animals that can perhaps be best described as strange or amazing animals.Coloring for grown-ups is very popular today and there are many explanations for this interest. Some of the reasons for its popularity include.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, gave his patients mandalas to color over one hundred years ago. In the hectic world we inhabit today the stress relieving properties of coloring are more valuable than ever.Coloring Trains Your Brain To FocusRemaining inside the lines as you color a simple black and white line drawing requires focus and, while you are concentrating on this stress-free and relaxing activity, you can forget about your worries. Coloring is a mental exercise that lets you put aside everything else for the time you spend coloring, and this is important in our busy world.Coloring Helps In The Development Of Motor Skills And VisionColoring forces the two hemispheres of your brain to communicate and involves the use of logic (necessary for coloring forms) and creativity (as we mix and match colors). In turn,...



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