



Animals: 60 Full Page Outline Drawings Waiting to Be Brought to Life

By Sue Taylor-Cox

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Create Your Own Colorful Cute Animal PicturesWhether wild, forest, woodland, grassland, farm, domestic, strange or exotic, making your own animal art is great fun.Coloring is an activity which has long been associated with kids and it has been taken for granted that, as we grow up, we put aside our crayons or colored pencils and turn to more grown-up pursuits. However, in recent years we have increasingly witnessed this wisdom being overturned and coloring for grown-ups has become a widespread hobby.But why has coloring for grown-ups become so popular? There are many reasons for the explosion in adult coloring, but here are just a few.Coloring Lowers Stress And AnxietyPsychiatrists have long known that coloring relaxes the fear center of the brain and permits your mind to get some rest. Indeed the founder of analytical psychology, Carl Jung, is known to have given his patients mandalas to color over one hundred years ago. In the hectic world we inhabit today the stress relieving properties of coloring are probably more valuable than ever.Coloring Trains Your Brain To FocusStaying within the...



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