



Flowers and Floral Patterns: 60 Full Page Line Drawings Ready for Coloring (Paperback)

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 Floral Patterns And Flower DesignsColor this mix of simple and complex outline drawings to create your own collection of pretty flowers. Your colorful pictures of flowers will produce a stunning flower art book that you can be proud of. Coloring is something which has been associated for a long time with kids and it has been accepted that, as we reach maturity, we put aside our colored pencils and turn to more grown-up pursuits. However, in recent years we have increasingly seen this wisdom being rejected and coloring for grown-ups has become a widespread and growing hobby. 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 Anxiety Psychiatrists 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, is known to have given his patients mandalas to color more than one hundred years ago. In today's hectic world the stress...



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