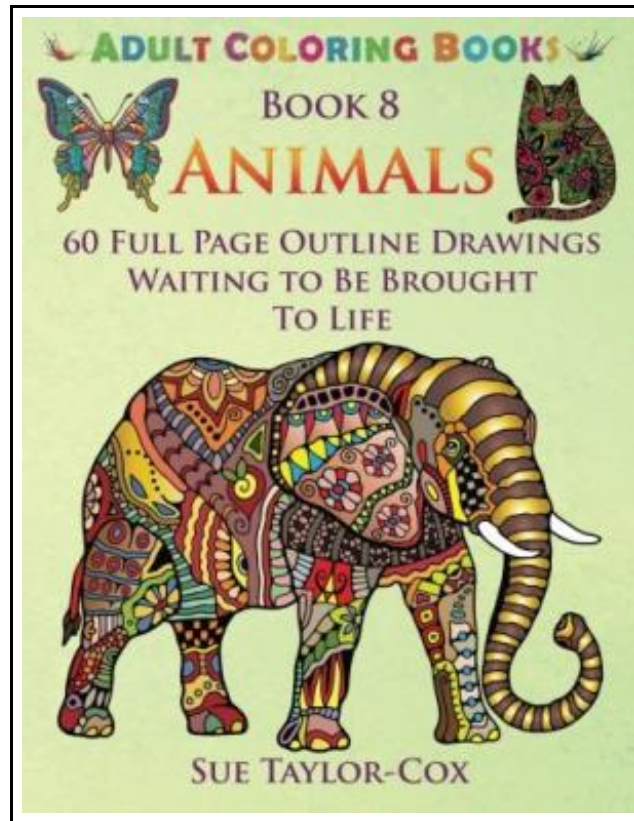


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Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Create Your Own Colorful Cute Animal PicturesWhether wild, forest, woodland, grassland, farm, domestic, strange 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 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 mind exercise which lets you set aside everything else for the time you spend coloring, and this is extremely important in our increasingly stressful world.Coloring Helps In The Development Of Motor Skills And VisionColoring forces the two hemispheres of your brain to interact and involves the use of logic (necessary for coloring forms) and creativity (as we mix and match colors). This, in turn, brings those areas...



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