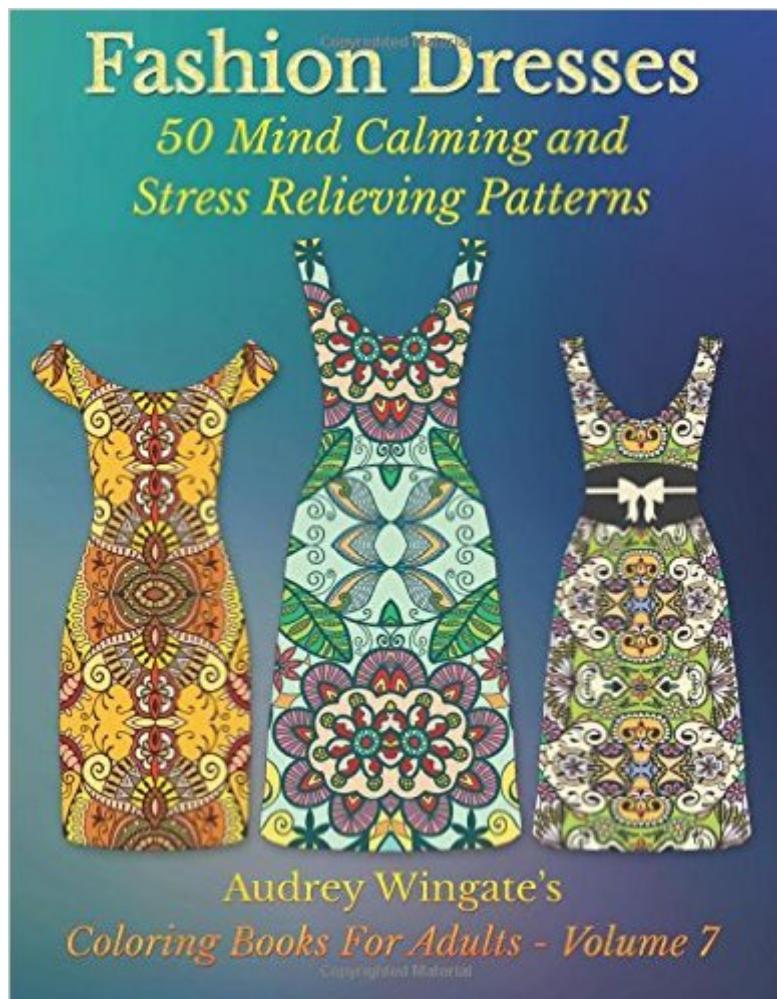


The book was found

Fashion Dresses: 50 Mind Calming And Stress Relieving Patterns (Coloring Books For Adults) (Volume 7)



Synopsis

Create Your Own Colorful Dress Patterns For Women

Become your own fashion designer with this range of dress designs including simple, complex, formal and vintage ladies dress patterns.

Coloring is something that has long been associated with kids and it has been accepted that, as we grow up, we put aside our crayons or colored pencils 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 pastime.

But why has coloring for adults become so popular? There are many reasons for the rapid growth in adult coloring, but here are just some...

Coloring Relieves Stress And Anxiety

Psychiatrists have known for a long time 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 over one hundred years ago. In the hectic world we inhabit today the stress reducing properties of coloring are probably more valuable than ever.

Coloring Trains Your Brain To Focus

Remaining within the lines as you color a simple black and white line drawing requires focus and, while you concentrate 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 very important in our increasingly busy world.

Coloring Helps To Develop Motor Skills And Vision

Coloring forces the two sides of the brain to communicate and involves both the use of logic (used to color forms) and creativity (as we mix and match colors). This, in turn, brings the areas of the brain concerned with vision and fine motor skills into play, and helps in keeping these active and in developing them further. It is this aspect of coloring that is being seen more and more as particularly valuable for older individuals, as many professionals believe that it can delay, or possibly even prevent, the onset of dementia.

Coloring Gives You The Opportunity To Be Social

Although you may feel that coloring would be a purely solo occupation, its rising popularity is fast turning it into a social one. Friends, families, colleagues and others are now getting together to enjoy something to eat and drink and the chance to socialize, through their common interest in coloring books. Undoubtedly, this is a great excuse for partying, as coloring requires only minimal concentration and can easily be done in a group.

Coloring Lets You Express Yourself

There are no rules when it comes to coloring and your coloring book is just that - your coloring book. If you mistakenly make the dog's rear leg green because you thought that it was part of the grass, who cares? If you decide to make the sky yellow, what does it matter? You are allowed to be as creative and experimental as you like because this is your coloring book, and yours alone.

You may already be a convert to adult coloring, in which case you will know and appreciate its value. This may however be a new project for you

and one which you are considering for any one of several different reasons. If this is a new project for you then I urge you to give it a try. It is no accident that so many people are excited about the world of adult coloring, so join in and start enjoying the benefits for yourself today.

Book Information

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Customer Reviews

Excellent book!!! Gorgeous detail that allows you to be really creative. Such a great stress reducer. I didn't realize there were so many adult coloring books available. I loved coloring as a kid, and I still love it. Such a great stress reducer!!

I have enjoyed this, but wish the dresses varied in style. Would love it some were long, had belts, buttons, somethings other than just changing patterns.

Loving this book. Relaxing way to spend an afternoon.

Love it, thank you A++++

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