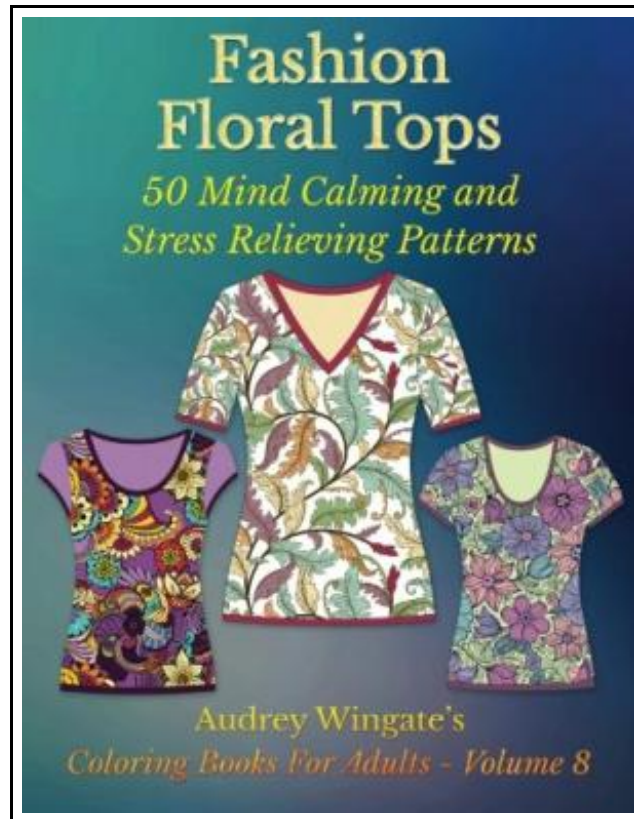


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(Mr. Sigrid Swaniawski PhD)

FASHION FLORAL TOPS: 50 MIND CALMING AND STRESS RELIEVING PATTERNS (PAPERBACK)



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Createspace, United States, 2015. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Create Your Own Fashion Design Floral Pattern TopsTake these simple outline drawings of ladies tops and turn them into colorful fashion design patterns for your own fashion designer sketchbook.Coloring is an activity which has long been associated with kids and it has been accepted that, as we reach maturity, we put aside our colored pencils and turn our attention to more adult pursuits. However, in recent years we have increasingly seen this wisdom being overturned and coloring for adults has become a widespread activity.But why has coloring for adults become so popular? There are many reasons for the rapid growth in adult coloring, but here are just a few.Coloring Reduces Stress And AnxietyPsychiatrists have long recognized the fact that coloring relaxes the fear center of the brain and allows your mind to get some rest. In fact, Carl Jung, the founder of analytical psychology, gave his patients mandalas to color over 100 years ago. In the hectic world we inhabit today the stress reducing properties of coloring are probably more valuable than they have ever been.Coloring Trains Your Brain To FocusKeeping inside the lines as you color requires focus and, while you concentrate on this stress-free and relaxing activity, you can forget about your worries. Coloring is a mind exercise which lets you put aside everything else for the time you spend coloring, and this is very important in our increasingly stressful world.Coloring Helps To Develop Fine Motor Skills And VisionColoring forces the two hemispheres of your brain to work together and involves both the use of logic (used to color forms) and creativity (as we mix and match colors). This, in turn, brings those areas of the...

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