



More Animals: 60 Full Page Outline Drawings Ready for You to Breath Life Into Them (Paperback)

By Sue Taylor-Cox

Createspace, United States, 2015. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Create Your Own Stunning Animal Pictures Whether wild or domestic, strange or exotic, from North America, India or Australia, coloring animals is truly therapeutic. Coloring is an activity which has been associated for a long time with kids and it has been taken for granted that, as we mature, we put aside our crayons and turn our attention to more grown-up pursuits. However, in recent years we have witnessed this wisdom being rejected and coloring for grown-ups has become a widespread pastime. But why has coloring for grown-ups become so popular? There are many explanations for the explosion in adult coloring, but here are just a few. 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 rest. In fact the founder of analytical psychology, Carl Jung, gave his patients mandalas to color more than 100 years ago. In today's hectic world the stress reducing properties of coloring are more valuable than ever. Coloring Trains Your Brain To Focus Keeping inside the lines as you color a simple...



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