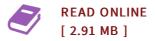




## More Animals: 60 Full Page Outline Drawings Ready for You to Breath Life Into Them (Paperback)

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 PicturesWhether 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 AnxietyPsychiatrists 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 FocusKeeping inside the lines as you color a simple...



## Reviews

These kinds of book is every thing and helped me hunting forward plus more. It is probably the most remarkable book we have read through. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Everett Stanton

Extremely helpful for all group of men and women. it absolutely was writtern extremely perfectly and valuable. Your way of life span will be transform when you complete looking at this ebook.

-- Prof. Trever Torphy