



Flowers, Plants and Floral Patterns

By Wendy Zurbowich

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Each book in the Coloring Books for Grownups series contains 50 outline drawings ready for coloring, and is designed for older children and adults of all ages who are looking to escape the stresses of modern living and simply relax. This, the third book in the series covers flowers, plants and floral patterns and, whether you enjoy spring blooms or perennial flowers, this book will allow you to create your own pictures of beautiful flowers. Coloring for grown-ups is very popular today and there are many explanations for this interest. Some of the reasons for its popularity include. Coloring Reduces 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. Indeed the founder of analytical psychology, Carl Jung, gave his patients mandalas to color more than 100 years ago. In the hectic world we inhabit today the stress reducing properties of coloring are perhaps more valuable than they have ever been. Coloring Trains Your Brain To Focus Keeping within the lines as you color...



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