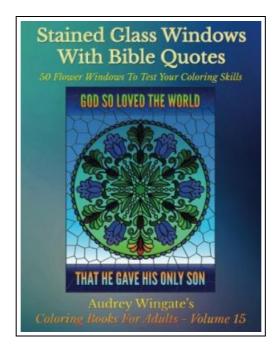
Stained Glass Windows with Bible Quotes: 50 Flower Windows to Test Your Coloring Skills (Paperback)



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Reviews

This ebook might be worth a read, and superior to other. It is probably the most amazing publication we have read. Your lifestyle period will likely be transform once you total looking over this publication.

(Alana McCullough)

STAINED GLASS WINDOWS WITH BIBLE QUOTES: 50 FLOWER WINDOWS TO TEST YOUR COLORING SKILLS (PAPERBACK)



Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand ******. People often say that adult coloring books need to contain detailed outlines, to separate them from the simple coloring books designed for children. This is not however the case and, in this book, you will find some seemingly simple stained glass window flower outlines with biblical quotations, which you might well find something of a challenge. Here the skill in not only in using color to build a picture, but in using shading and gradients to create the classic look of light shining through stained glass. This coloring skill, using both pencils and an eraser, is a little bit more difficult than most people think. Why has adult coloring become so popular? Coloring Reduces Both Stress And Anxiety Psychiatrists have known for many years that coloring calms the fear center of the brain and allows your mind to rest. Indeed, Carl Jung, the founder of analytical psychology, gave his patients mandalas to color more than 100 years ago. In today s busy world the stress reducing properties of coloring are arguably more valuable than ever. Coloring Trains The Human Brain To Focus Staying inside the lines as you color a black and white line drawing requires focus and, while you concentrate on this stress-free and relaxing activity, you can forget your worries. Coloring is a mental exercise, which lets you set aside everything for the time you spend doing it, and this is extremely important in today s demanding world. Coloring Helps You To Develop Fine Motor Skills And Vision Coloring requires that the two sides of the brain communicate and involves the use of logic (necessary for coloring forms) and creativity (as we mix and match colors). This brings the areas...

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