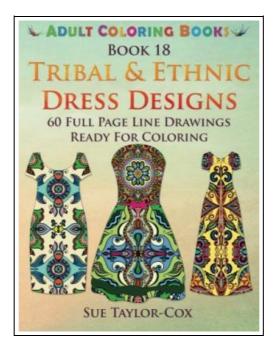
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Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand ******. Create Your Own Tribal And Ethnic Dress DesignsThere can be little that is more colorful than tribal and ethnic dresses and this style of ethnic art is perfect as a canvas for coloring books. Coloring is something which has been associated for a long time with children and it has been taken for granted that, as we reach maturity, we put away our crayons or colored pencils and turn our attention to more adult pursuits. In recent years however we have increasingly witnessed this wisdom being rejected and coloring for grown-ups has become a widespread and growing hobby. But why has coloring for grown-ups become so popular? There are many explanations for the explosion in adult coloring, but here are just some. Coloring Reduces Stress And AnxietyPsychiatrists have long known that coloring relaxes the fear center of the brain and permits your mind to rest. In fact, Carl Jung, the founder of analytical psychology, is known to have given his patients mandalas to color more than one hundred years ago. In the hectic world we inhabit today the stress reducing properties of coloring are more valuable than they have ever been. Coloring Trains Your Mind To FocusStaying inside the lines as you color a simple black and white line drawing needs focus and, while you concentrate on this stress-free and relaxing activity, you can forget about your worries. Coloring is a mental exercise which allows you to put aside everything for the time you spend doing it, and this is extremely important in our increasingly hectic world. Coloring Helps To Develop Motor Skills And VisionColoring forces the two sides of your brain to interact and involves both the use of logic (used for...

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