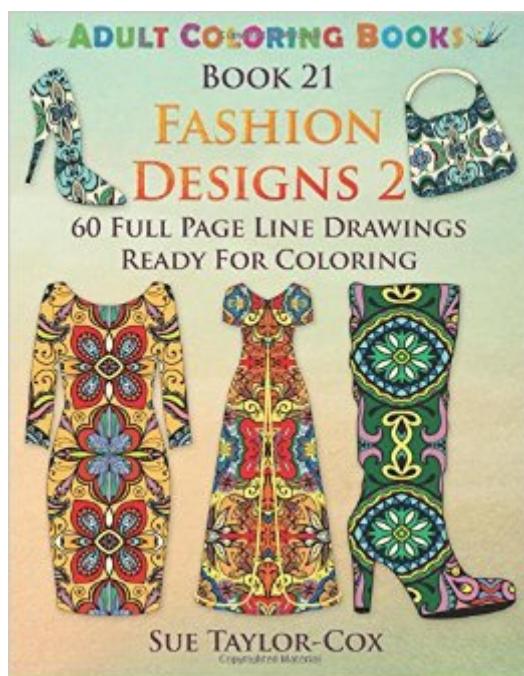


The book was found

Fashion Designs 2: 60 Full Page Line Drawings Ready For Coloring (Adult Coloring Books) (Volume 21)



Synopsis

Create your own stunning fashion designsColoring is something which has been associated for a long time with children and it has been taken for granted that, as we mature, we put away our crayons or colored pencils and turn our attention to more adult pursuits. In recent years however we have witnessed this wisdom being rejected and coloring for adults has become a widespread and growing pastime. But why has coloring for adults become so popular? There are many reasons for the explosion in adult coloring, but here are just a few...Coloring Relieves Stress And AnxietyPsychiatrists have long known that coloring relaxes the fear center of the brain and allows your mind to get some rest. Indeed, 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 relieving properties of coloring are probably more valuable than they have ever been. Coloring Trains Your Brain To FocusStaying inside the lines as you color requires focus and, while you concentrate on this stress-free and relaxing activity, you can forget about your worries. Coloring is a mind exercise which lets you set aside everything else for the time you spend coloring, and this is important in our hectic world. Coloring Helps To Develop Motor Skills And VisionColoring forces the two hemispheres of the brain to communicate and involves both the use of logic (necessary to color forms) and creativity (as we mix and match colors). In turn, this brings those areas of the brain concerned with vision and fine motor skills into play, and helps to keep these active and develop them further. This is the aspect of coloring which is being seen more and more as especially valuable for older individuals, as many people believe that it can delay, or possibly even prevent, the onset of dementia. Coloring Gives You The Chance To Be SocialAlthough you might believe that coloring would be a solo occupation, its growing popularity is quickly turning it into a social one. Friends, families, co-workers and others are now getting together to eat, drink and enjoy the opportunity to socialize, through their shared interest in coloring books. Without doubt, this is a great excuse for getting together, as coloring needs only minimal concentration and can easily be done in a group. Coloring Lets You Express YourselfWhen it comes to coloring there are no rules and your coloring book is just that - your coloring book. If you accidentally color the cat's back leg green because you thought that it was part of the grass, who is going to care? Should you feel like making the sky yellow, does it really matter? You can be as creative as you want to be because this is your project, and yours alone. When it comes to choosing colors remember that the American artist James Whistler once famously remarked, "Mauve is just pink trying to be purple." You may already be a convert to adult coloring, in which case you will know and appreciate its value. Alternatively, this may be a new venture for you and one that you are

contemplating for any one of a number of different reasons. If this is something new for you then I urge you to try it out. There is a reason why so many people are fired up about the world of adult coloring, so jump on board and begin enjoying the benefits for yourself today.

Book Information

Series: Adult Coloring Books

Paperback: 130 pages

Publisher: CreateSpace Independent Publishing Platform; Clr Csm edition (January 7, 2016)

Language: English

ISBN-10: 1523279559

ISBN-13: 978-1523279555

Product Dimensions: 8.5 x 0.3 x 11 inches

Shipping Weight: 14.1 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ See all reviewsÂ (1 customer review)

Best Sellers Rank: #1,087,102 in Books (See Top 100 in Books) #99 inÂ Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Fashion #29317 inÂ Books > Crafts, Hobbies & Home > Crafts & Hobbies #88831 inÂ Books > Humor & Entertainment

Customer Reviews

I ordered several coloring books. I am very happy with what I purchased. I am looking forward to doing a lot of coloring..

[Download to continue reading...](#)

Fashion Designs 2: 60 Full Page Line Drawings Ready For Coloring (Adult Coloring Books) (Volume 21) Back to the 80s: 1980s Fads and Fashion Coloring Book: Adult Coloring Books Fashion, 80s Coloring Book, 1980s Coloring Book, Fashion Coloring Book ... Fashion Coloring Book for Adults) (Volume 1) Edwardian Fashion 1910-1920 Styles: Edwardian Inspired Fashion Pen and Ink Drawings, Adult Coloring Book English Garden Adult Colouring Book One Year Day Planner Europe: Adult Colouring Books in al; Adult Colour in Boo; Adult Colouring in al; Adult ... Adult Coloring Books Flowers and Birds in al African Art and Designs: Adult Coloring book full of artwork and designs inspired by Africa (Around the World Coloring Books) (Volume 3) Erotic Adult Sex Picture Book 5 (Uncensored Hot Sex Pics of Sexy & Horny Girls, 300+ College Sex Photos): full nudity adult sex. Sweet Tits.: Photography ... of Full Nudity Adult Sex Pics Series) T-shirt Black Book - The Ultimate How To Guide to Starting A Successful Clothing Line: The essential guide for startup brands wanting to create a successful clothing line. LINE OF CREDIT: Line Of Credit

Secrets Revealed For Your Business, Equity And Taxes Simple Flower and Vine Designs: Easy Designs and Stress Relieving Patterns Adult Coloring Book (Adult Coloring Patterns) (Volume 53) Seo 2017: Search Engine Optimization for 2017. On Page SEO, Off Page SEO, Keywords (SEO Books, Search Engine Optimization 2016) SEO 2017: Search Engine Optimization for 2017. On Page SEO, Off Page SEO, Keywords (SEO Books, Search Engine Optimization 2017) Designs: An Adult Coloring Book: 50 Stress Relief Mandala Designs Inspired by Flowers, Hearts, Animals, and other Patterns found in Nature, Adult ... Gift For Friends and Family, For All Occasions Fashion Coloring Books For Adults: Classy Chic Designs Fashion & The Best of Paris Street Style Memes: Hilarious Adult XXX Memes And Pictures Book (Ultimate Funny Memes Book 41)(Adult Memes, Free Memes, Adult Pictures, Jokes For Adults, Funny Adult Jokes, Adult Joke Book, Sexy Meme) Groovy 70s: Fashion Coloring Book for Adults: Adult Coloring Books Fashion, 1970s Coloring Book Inner Peace - Adult Coloring Books: Beautiful Images Promoting Mindfulness, Wellness, And Inner Harmony (Yoga and Hindu Inspired Drawings included) Adult Coloring Book Designs: Stress Relief Coloring Book: POKEMON Designs for Coloring Stress Relieving - Inspire Creativity and Relaxation of Kids And Adults (Volume 1) Vintage Women: Adult Coloring Book #7: Vintage Fashion Layouts from the Early 1920s (Vintage Women: Adult Coloring Books) (Volume 7) Vintage Women: Adult Coloring Book #6: Fashion from the Year 1916 (Vintage Women: Adult Coloring Books) (Volume 6) Fashion Forward 2 (Fashion Adult Coloring Book)

[Dmca](#)