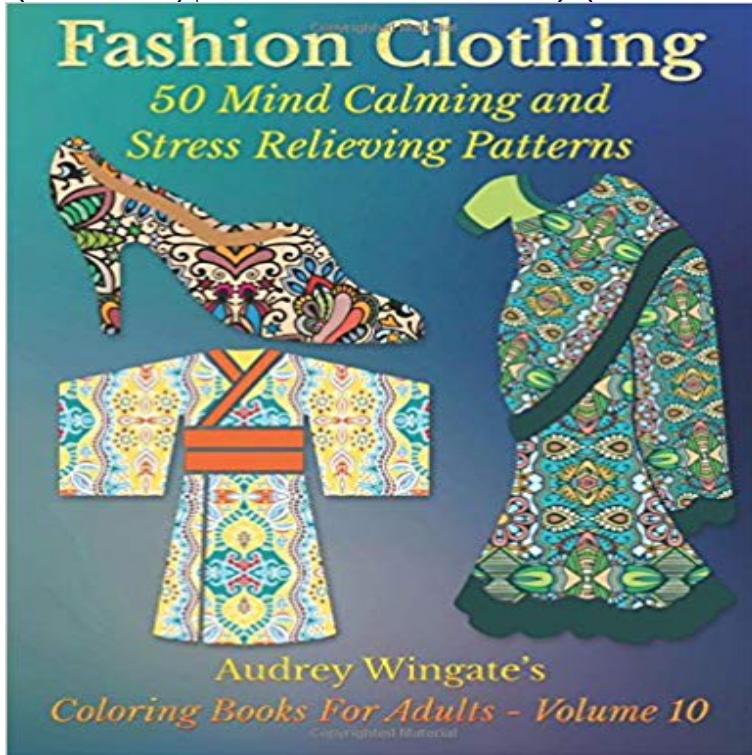


# Fashion Clothing: 50 Mind Calming And Stress Relieving Patterns (Coloring Books For Adults) (Volume 10)



Create Your Own Colorful Fashion Clothes For Women These simple outline drawings for a range of fashion clothes provide the perfect opportunity for you to be your own fashion designer. Coloring is an activity which has been associated for a long time with kids and it has been taken for granted that, as we reach maturity, we put away our crayons or colored pencils and turn to more adult pursuits. In recent years however we have increasingly seen this wisdom being overturned and coloring for adults has become a widespread pastime. But why has coloring for adults become so popular? There are many reasons for the explosion in adult coloring, but here are just some... Coloring Relieves Stress And Anxiety Psychiatrists have known for a long time that coloring relaxes the fear center of the brain and permits your mind to rest. Indeed, Carl Jung, the founder of analytical psychology, is known to have given his patients mandalas to color over one hundred years ago. In the hectic world we inhabit today the stress reducing properties of coloring are probably more valuable than they have ever been. Coloring Trains Your Brain To Focus Staying within 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 mental exercise which allows you to set aside everything else for the time you spend coloring, and this is very important in our increasingly demanding world. Coloring Helps To Develop Motor Skills And Vision Coloring forces the two hemispheres of the brain to work together and involves the use of logic (necessary for coloring forms) and creativity (as we mix and match colors). In turn, this brings the areas of the brain responsible for 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 professionals believe that it can delay, or possibly even prevent, the onset of dementia. Coloring Provides The Chance To Be Social Although you may feel that coloring ought to be a solo activity, its rising popularity is quickly turning it into a social one. Families, friends, co-workers and others are getting together to eat, drink and enjoy the chance to socialize, through their common interest in coloring. Indeed, this is a great excuse for partying, as coloring requires only minimal concentration and can be done easily in a group setting. Coloring Lets You Be Yourself When it comes to coloring there are no rules and your coloring book is your coloring book. If you accidentally color the cats hind leg green because you mistook it for part of the grass, who is going to care? Should you feel like making the sky pink, what does it matter? You can be as creative and experimental as you like because this is your project, and yours alone. When it comes to picking colors dont forget that the British-based, but American-born, artist James Whistler once said, Mauve is just pink trying to be purple. You may of course already be a fan of adult coloring, in which case you will appreciate its value. Alternatively, this may be a new venture for you and one which you are considering for any one of several different reasons. If this is something new for you then I encourage you to give it a try. It is no accident that so many people are fired up about the world of adult coloring, so jump on board and start to enjoy the benefits for yourself today.

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