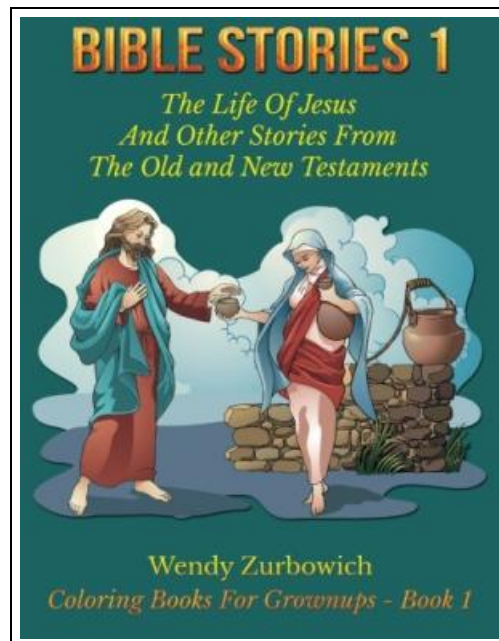


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Each book in the Coloring Books for Grownups series contains 50 outline drawings 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 first book in the series depicts biblical stories from both the Old and New Testaments, with several drawings showing images of Jesus Christ.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 Lowers Stress And AnxietyPsychiatrists have long recognized the fact that coloring relaxes the fear center of the brain and allows your mind to rest. Indeed, Carl Jung, the founder of analytical psychology, is known to have given his patients mandalas to color over 100 years ago. In today s hectic world the stress reducing properties of coloring are probably more valuable than ever.Coloring Trains Your Mind To FocusRemaining inside the lines as you color requires focus and, while you are concentrating on this stress-free and relaxing activity, you can forget about your worries. Coloring is a mental exercise that allows you to set aside everything for the time you spend doing it, and this is very important in our hectic world.Coloring Helps In The Development Of Motor Skills And VisionColoring forces the two sides of your brain to communicate and involves the use of logic (used to color forms) and creativity (as we mix and match colors). This, in turn, brings the areas of the brain concerned with vision and fine motor skills into play, and helps to keep these active and develop them further. It is this aspect...

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