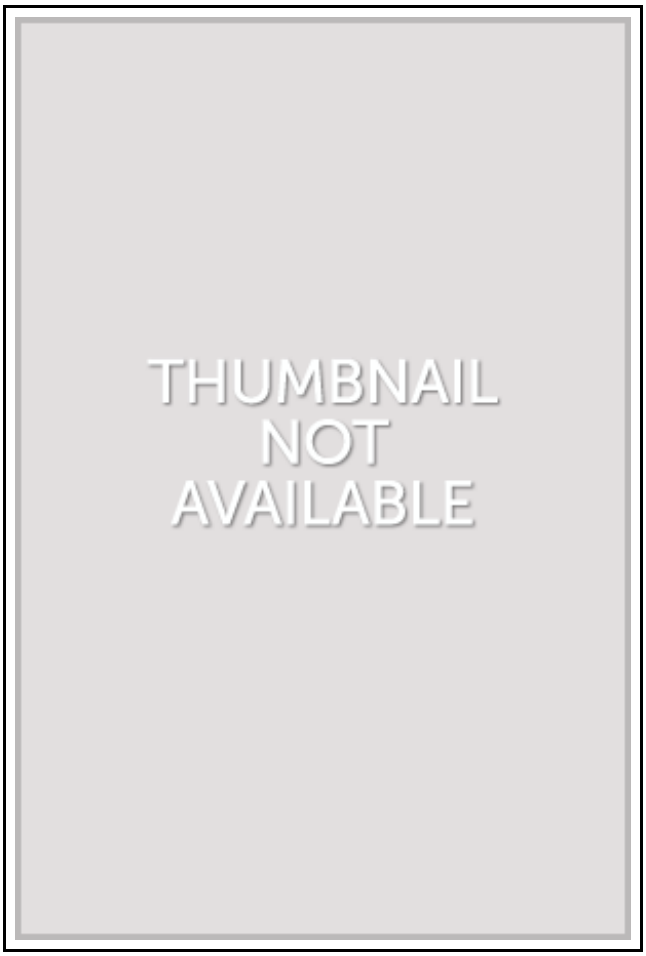
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Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Create The Colorful Neckline Embroidery For Your Own Fashion Design DressFashion clothes for women are a natural subject for adult coloring books and the neckline embroidery on vintage high fashion clothing provides hours of coloring fun and relaxation.Coloring is an activity which has long been associated with children and it has been taken for granted that, as we reach maturity, we put away our crayons and turn to more adult pursuits. In recent years however we have increasingly witnessed this wisdom being overturned and coloring for adults has become a widespread and growing hobby.But why has coloring for adults become so popular? There are many explanations for the rapid growth in adult coloring, but here are just a few.Coloring Reduces Stress And AnxietyPsychiatrists have long recognized the fact that coloring relaxes the fear center of the brain and permits your mind to get some rest. Indeed the founder of analytical psychology, Carl Jung, is known to have given his patients mandalas to color more than one hundred years ago. In today s hectic world the stress reducing properties of coloring are probably more valuable than ever.Coloring Trains Your Mind To FocusStaying within 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 which allows you to set aside everything for the time you spend doing it, and this is important in our increasingly busy world.Coloring Helps In The Development Of Fine Motor Skills And VisionColoring forces the two sides of your brain to communicate and involves the use of logic (necessary to color forms) and creativity (as we mix...

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