



Fashion Dresses: 50 Mind Calming and Stress Relieving Patterns (Paperback)

By Audrey Wingate, Wmc Publishing

Createspace, United States, 2015. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Create Your Own Colorful Dress Patterns For Women Become your own fashion designer with this range of dress designs including simple, complex, formal and vintage ladies dress patterns. Coloring is something that has long been associated with kids and it has been accepted that, as we grow up, we put aside our crayons or colored pencils and turn our attention 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 pastime. But why has coloring for adults become so popular? There are many reasons for the rapid growth 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 allows your mind to get some rest. In fact the founder of analytical psychology, Carl Jung, 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...

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