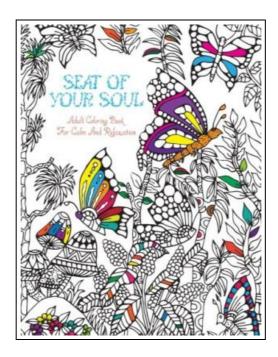
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Reviews

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(Karelle Rippin)

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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ****** Print on Demand ******. COLORING REDUCES STRESS ANXIETY - Coloring is a meditative type of practice that allows the fear-center of your brain to relax - which allows you to relax and reduces your overall stress. COLORING IS FUN SOCIAL - Adult coloring is being done individually and in groups and events these days - so get coloring with your family, friends, or even solo with some relaxing music. COLORING TRAINS YOUR MIND TO FOCUS - It takes us great focus and concentration to color within the lines. Clinical counselor Leslie Marshall says that coloring quot; opens up the frontal lobe of the brain (the home of organizing and problem solving) and focuses the mindquot; by allowing us to forget our worries. COLORING BOOSTS YOUR CREATIVITY - Your coloring book is your work of art! It doesn t matter what anyone else thinks - it s your Picasso. Have fun and be child like creating your masterpiece! COLORING IS LIKE MINDFULNESS MEDITATION - Being mindful is a critical skill in our increasingly busy world, and coloring allows your other external thoughts to melt away. The Seat Of Your Soul Adult Coloring Book is an ideal self improvement tool that benefits you by being fun as well as being calming and relaxing. Coloring this book will take you away to when you were a child - it s a wonderful adventure! These pages are filled with a loving welcome page that you can color - as well as 40 FULL PAGE therapeutic illustrations - 20 illustrations that are doubled up when open so you can color the exact same images with your loved ones at the same time. All of our...

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