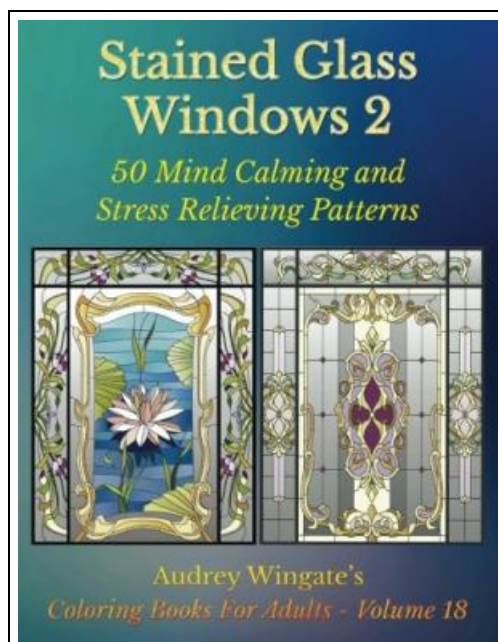


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(Prof. Damon Kautzer III)

STAINED GLASS WINDOWS 2: 50 MIND CALMING AND STRESS RELIEVING PATTERNS (PAPERBACK)

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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Create Your Own Stained Glass Windows This stained glass coloring book contains both classical floral window designs and modern interpretive and abstract stained glass patterns. Coloring is something that has long been associated with kids and it has been taken for granted that, as we grow older, we put away our crayons or colored pencils and turn to more adult pursuits. In recent years however we have witnessed this wisdom being overturned and coloring for adults has become a widespread activity. But why has coloring for adults become so popular? There are many explanations for the explosion in adult coloring, but here are just some. Coloring Relieves Stress And Anxiety Psychiatrists have long recognized the fact that coloring relaxes the fear center of the brain and allows your mind to get some rest. Indeed, Carl Jung, the founder of analytical psychology, gave his patients mandalas to color over one hundred years ago. In today's hectic world the stress reducing properties of coloring are perhaps more valuable than they have ever been. Coloring Trains Your Brain To Focus Remaining 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 mind exercise that allows you to set aside everything for the time you spend doing it, and this is extremely important in our busy world. Coloring Helps In The Development Of Fine Motor Skills And Vision Coloring forces the two sides of your brain to work together and involves the use of logic (used to color forms) and creativity (as we mix and match colors). In turn, this brings the areas of the brain responsible...



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