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## Flowers: 50 Mind Calming and Stress Relieving Patterns (Paperback)

By Audrey Wingate, Wmc Publishing

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Create Your Own Beautiful Pictures Of FlowersIn volume 6 of this coloring books for adults series you will find no fewer than 50 line drawings of flowering plants and flowers just waiting for you to bring them to life. So, whether you are a fan of spring flowers or perennial flowers, here is the perfect opportunity to create your own flower art.Coloring is something which has long been associated with children and it has been accepted that, as we grow older, we put aside our crayons or colored pencils and turn our attention to more adult pursuits. However, in recent years we have seen this wisdom being rejected 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 Relieves Stress And AnxietyPsychiatrists have long known that coloring relaxes the fear center of the brain and allows your mind to rest. Indeed the founder of analytical psychology, Carl Jung, gave his patients mandalas...



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