



Floral Patterns

By Wendy Zurbowich

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Each book in the Coloring Books for Grownups series contains 50 outline drawings ready for coloring, and is designed for older children and adults of all ages who are looking to escape the stresses of modern living and simply relax. This, the fifth book in the series covers a wide range of different floral designs and, whether you favor those colorful spring flowers or the wonderful shades of green so often found in the gorgeous leaves of many perennial flowers, this book will allow you explore the colorful world of flowers. Coloring for grown-ups is very popular today and there are many explanations for this interest. Some of the reasons for its popularity include. Coloring Reduces Stress And Anxiety Psychiatrists have known for a long time that coloring relaxes the fear center of the brain and permits your mind to get some rest. In fact, Carl Jung, the founder of analytical psychology, gave his patients mandalas to color over 100 years ago. In today's hectic world the stress reducing properties of coloring are possibly more valuable than ever. Coloring...



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Reviews

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