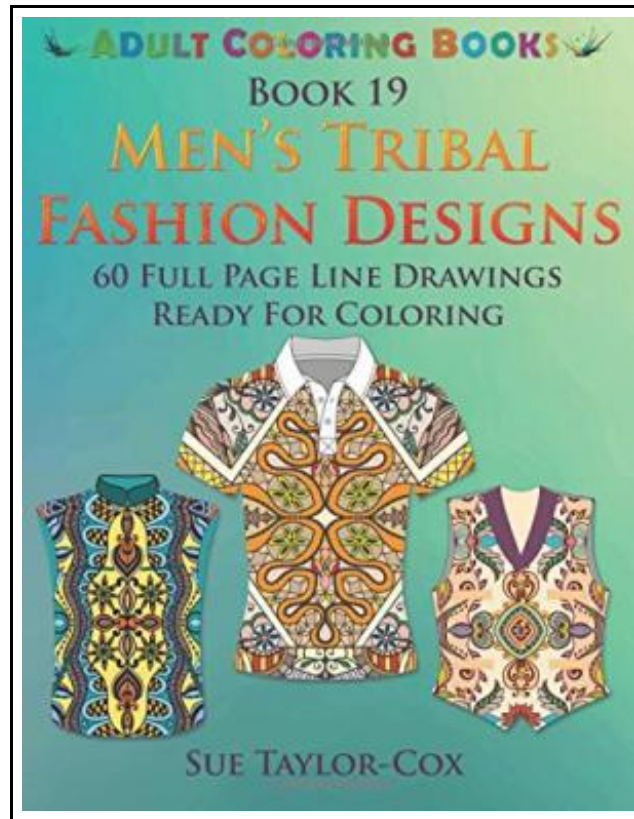


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Reviews

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Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Create Your Own Men s Tribal Fashion DesignsBuild your own colorful men s fashion design portfolio of shirts, t-shirts, vest, sweaters, hoodies and other tops.Coloring is something which has been associated for a long time with children 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. However, in recent years we have increasingly seen this wisdom being rejected and coloring for grown-ups has become a widespread hobby.But why has coloring for grown-ups become so popular? There are many explanations for the rapid growth in adult coloring, but here are just a few.Coloring Lowers Stress And AnxietyPsychiatrists have long recognized the fact that coloring relaxes the fear center of the brain and permits your mind to rest. Indeed, Carl Jung, the founder of analytical psychology, is known to have given his patients mandalas to color more than one hundred years ago. In the hectic world we inhabit today the stress relieving properties of coloring are perhaps more valuable than ever.Coloring Trains Your Brain To FocusRemaining within the lines as you color takes focus and, while you are concentrating on this stress-free and relaxing activity, you can forget about your worries. Coloring is a mental exercise which allows you to put aside everything else for the time you spend doing it, and this is very important in our increasingly hectic world.Coloring Helps To Develop Motor Skills And VisionColoring forces the two hemispheres of your brain to interact and involves the use of logic (used to color forms) and creativity (as we mix and match colors). This, in turn, brings the areas of the...

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