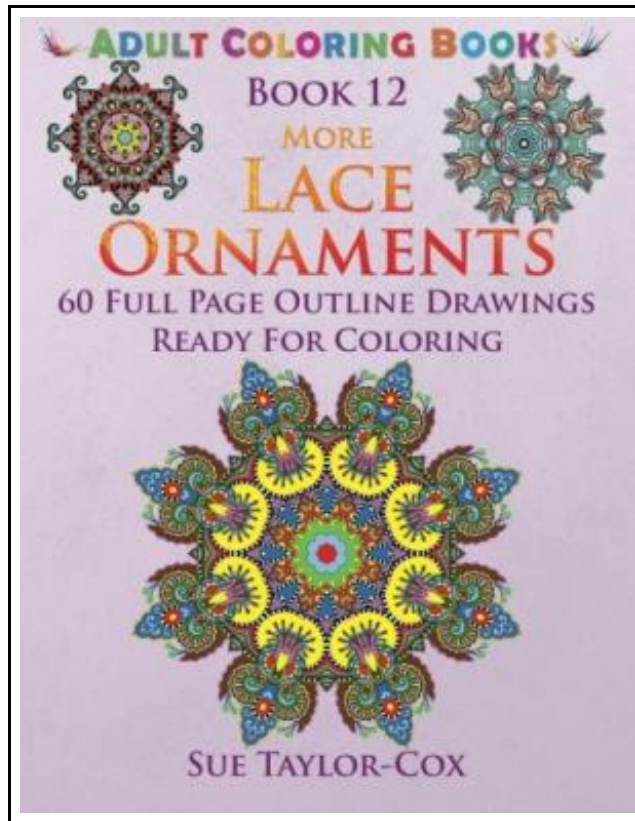


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Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Create Your More Of Own Colorful Lace OrnamentsMirroring the very popular mandala coloring patterns, lace patterns and vintage lace designs are often both complex and beautiful.Coloring is an activity which has been associated for a long time with kids and it has been accepted that, as we reach maturity, we put away our crayons and turn our attention to more grown-up pursuits. However, in recent years we have witnessed this wisdom being rejected and coloring for grown-ups has become a widespread and growing activity.But why has coloring for grown-ups become so popular? There are many explanations for the explosion in adult coloring, but here are just a few.Coloring Reduces Stress And AnxietyPsychiatrists have known for a long time that coloring relaxes the fear center of the brain and permits your mind to get some rest. Indeed the founder of analytical psychology, Carl Jung, gave his patients mandalas to color over one hundred years ago. In the hectic world we inhabit today the stress reducing properties of coloring are perhaps more valuable than they have ever been.Coloring Trains Your Brain To FocusStaying within the lines as you color a simple black and white line drawing requires 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 lets you set aside everything for the time you spend doing it, and this is very important in our stressful world.Coloring Helps In The Development Of Fine Motor Skills And VisionColoring forces the two sides of the brain to interact and involves both the use of logic (used to color forms) and creativity (as we mix and match colors)....



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