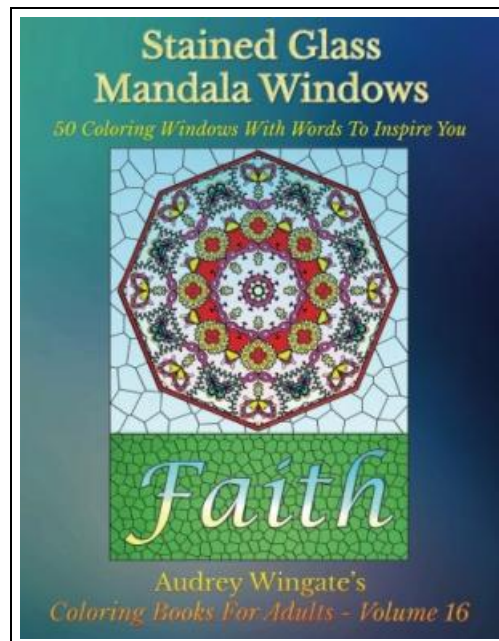


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STAINED GLASS MANDALA WINDOWS: 50 COLORING WINDOWS WITH WORDS TO INSPIRE YOU (PAPERBACK)



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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.In this, the sixteenth book in the Coloring Books For Adults series, you will find 50 mandalas to color. This mandala coloring book is however not typical and the mandala coloring pages have been compiled into a stained glass coloring book. Stained glass coloring pages present their own unique challenge and the skill lies in not simply using color to build a picture, but in using shading and gradients to create the classic look of light shining through stained glass. This coloring skill, using both pencils and an eraser, is a little bit more difficult than most people think. Why has adult coloring become so popular? Coloring Reduces Both Stress And Anxiety Psychiatrists have known for many years that coloring calms the fear center of the brain and allows your mind to rest. Indeed, Carl Jung, the founder of analytical psychology, gave his patients mandalas to color more than 100 years ago. In today s busy world the stress reducing properties of coloring are arguably more valuable than ever. Coloring Trains The Human Brain To Focus Staying inside the lines as you color a black and white line drawing requires focus and, while you concentrate on this stress-free and relaxing activity, you can forget your worries. Coloring is a mental exercise, which lets you set aside everything for the time you spend doing it, and this is extremely important in today s demanding world. Coloring Helps You To Develop Fine Motor Skills And Vision Coloring requires that the two sides of the brain communicate and involves the use of logic (necessary for coloring forms) and creativity (as we mix and match colors). This brings the areas of the brain responsible for both...



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