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By Audrey Wingate

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.In this, the seventeenth book in the Coloring Books For Adults series, you will find 50 animals to color. This animal coloring book is however not typical and the animal outlines 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...



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