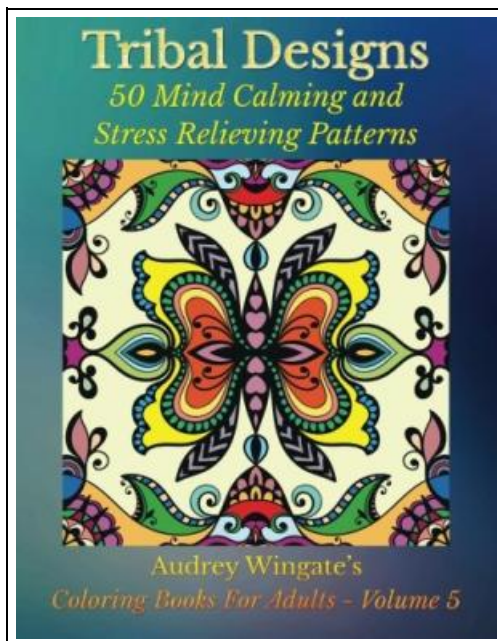


Tribal Designs: 50 Mind Calming and Stress Relieving Patterns



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(Prof. Triston Smitham V)

TRIBAL DESIGNS: 50 MIND CALMING AND STRESS RELIEVING PATTERNS



Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Create Your Own Wildly Colorful Tribal DesignsTribal art provides a wonderful opportunity for coloring with a huge variety of beautiful tribal patterns and prints available to work with.Coloring is something which has been associated for a long time with kids and it has been accepted that, as we grow up, we put away our crayons and turn our attention to more grown-up pursuits. However, in recent years we have seen this wisdom being overturned and coloring for adults has become a widespread activity.But why has coloring for adults become so popular? There are many reasons for the rapid growth in adult coloring, but here are just a few.Coloring Lowers 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. In fact, Carl Jung, the founder of analytical psychology, is known to have given his patients mandalas to color more than 100 years ago. In today s hectic world the stress reducing properties of coloring are probably more valuable than they have ever been.Coloring Trains Your Mind To FocusRemaining within the lines as you color needs focus and, while you concentrate on this stress-free and relaxing activity, you can forget about your worries. Coloring is a mind exercise which lets you set aside everything else for the time you spend doing it, and this is important in our busy world.Coloring Helps To Develop Motor Skills And VisionColoring forces the two sides of your brain to interact and involves the use of logic (necessary for coloring forms) and creativity (as we mix and match colors). In turn, this brings the areas of the brain...



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