



Flowers and Floral Patterns: 60 Full Page Line Drawings Ready For Coloring (Adult Coloring Books Book 2)

Sue Taylor-Cox

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Create Your Own Floral Patterns And Flower Designs

Color this mix of simple and complex outline drawings to create your own collection of pretty flowers. Your colorful pictures of flowers will produce a stunning flower art book that you can be proud of.

In recent years coloring for grown-ups has become a widespread and growing hobby. There are of course many reasons for this, but here are just some...

Coloring Lowers Stress And Anxiety

Psychiatrists have long known that coloring relaxes the fear center of the brain and allows your mind to get some rest. In fact the founder of analytical psychology, Carl Jung, is known to have given his patients mandalas to color more than one hundred years ago. In today's hectic world the stress reducing properties of coloring are possibly more valuable than ever.

Coloring Trains Your Brain To Focus

Remaining inside the lines as you color needs focus and, while you are concentrating on this stress-free and relaxing activity, you can forget about your worries. Coloring is a mind exercise which allows you to put aside everything else for the time you spend coloring, and this is very important in our increasingly demanding world.

Coloring Helps In The Development Of Fine Motor Skills And Vision

Coloring forces the two hemispheres of the brain to work together and involves both the use of logic (necessary for coloring forms) and creativity (as we mix and match colors). In turn, this brings those areas of the brain responsible for fine motor skills and vision into play, and helps in keeping these active and in developing them further. It is this aspect of coloring which is being seen more and more as especially valuable for older individuals, as many in the medical profession believe that it can delay, or even prevent, the onset of dementia.

Coloring Provides The Chance To Be Social

Although you might feel that coloring should be a solo occupation, its rising popularity is quickly turning it into a social one. Friends, families, work colleagues and others are getting together to eat, drink and enjoy the chance to socialize, through their shared interest in coloring books. Without doubt, this is a perfect excuse for getting together, as coloring needs only a minimum of concentration and can easily be done in a group setting.

Coloring Lets You Be Yourself

There are no rules when it comes to coloring and your coloring book is **your** coloring book. If you mistakenly make the cat's back leg green because you mistook it for part of the grass, who cares? If you feel like making the sky yellow, what does it matter? You can be as creative as you wish because this is your coloring book, and yours alone."

You may already be a convert to adult coloring, in which case you will already know and appreciate its value. This may however be a new project for you and one which you are considering for any one of several different reasons. If this is something new for you then **I urge you to give it a try**. There is a reason why so many people are fired up about the world of adult coloring, so **join in and start enjoying the benefits for yourself today**.

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