



Vintage Patterns: 60 Full Page Line Drawings Ready for Coloring (Paperback)

By Sue Taylor-Cox

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand ******.Vintage Patterns Stand The Test Of Timelt is amazing but true that vintage clothing patterns are as beautiful today as they were when they were new. More importantly, they provide the perfect canvas for a coloring book. Coloring is something which has been associated for a long time with kids and it has been taken for granted that, as we reach maturity, we put aside our colored pencils and turn to more grown-up pursuits. However, in recent years we have witnessed this wisdom being overturned and coloring for grownups has become a widespread activity. But why has coloring for grown-ups become so popular? There are many reasons for the explosion in adult coloring, but here are just some. Coloring Relieves Stress And AnxietyPsychiatrists have known for a long time that coloring relaxes the fear center of the brain and allows your mind to get some rest. Indeed the founder of analytical psychology, Carl Jung, gave his patients mandalas to color more than 100 years ago. In the hectic world we inhabit today the stress relieving properties of coloring are perhaps more...



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