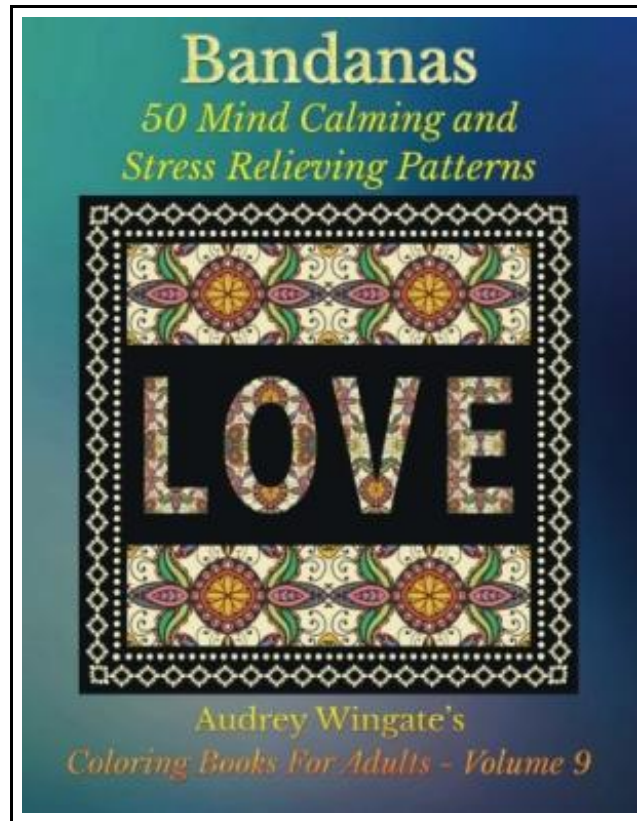


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(Dr. Lessie Murphy IV)

BANDANAS: 50 MIND CALMING AND STRESS RELIEVING PATTERNS



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Createspace, United States, 2015. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Create Your Own Colorful Bandana Or Tribal ScarfDespite its simplicity the bandana provides a perfect canvas for coloring with a range of wonderful tribal designs and patterns to work with.Coloring is something that has long been associated with kids and it has been accepted that, as we grow up, we put aside our crayons and turn our attention to more grown-up pursuits. In recent years however we have increasingly witnessed this wisdom being overturned and coloring for grown-ups has become a widespread pastime.But why has coloring for grown-ups 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 long recognized the fact 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 one hundred years ago. In the hectic world we inhabit today the stress reducing properties of coloring are possibly more valuable than ever.Coloring Trains Your Mind To FocusRemaining within the lines as you color a simple black and white line drawing takes focus and, while you are concentrating on this stress-free and relaxing activity, you can forget about your worries. Coloring is a mental exercise that lets you put aside everything for the time you spend coloring, and this is important in our increasingly busy world.Coloring Helps In The Development Of Fine Motor Skills And VisionColoring forces the two sides of your brain to interact and involves both the use of logic (necessary to color forms) and creativity (as we mix and match colors). This, in turn, brings...



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