

Keep Calm and Color on: 125 Pages of Coloring Goodness! Intended to Bring Out the Kid in You!



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Reviews

I actually started out reading this pdf. Of course, it really is play, continue to an interesting and amazing literature. I realized this pdf from my i and dad encouraged this pdf to discover.

(Maddison Becker)

KEEP CALM AND COLOR ON: 125 PAGES OF COLORING GOODNESS! INTENDED TO BRING OUT THE KID IN YOU!

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Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.Volume 1, BE INSPIRED of KEEP CALM and COLOR ON is the first in a series of Coloring Books for adults that is SURE TO PLEASE!! Did You Know Coloring Books have proven to have health benefits that go beyond relaxation. Coloring includes exercising the fine motor skills while training the brain to focus. Since the early 1900 s, doctors have known about these benefits. Psychiatrist Carl Jung, the founder of analytical psychology, prescribed coloring to his patients in order to calm and center their minds. Doctors today continue to follow Jung s lead and still recommend the activity to combat anxiety. What is very interesting is the fact that the activity of coloring is STRUCTURED. This activates the logic part of the brain, as well as generates a creative mindset. Because it s a centering activity, the amygdala (the part of the brain that is involved with our fear response) actually gets a little bit of a rest. It ultimately has a really calming effect over time! And although these health benefits exist, the majority of adults who are coloring again report that it is just fun, and makes them feel like a kid again! WHO KNOWS Maybe it IS true. EVERYTHING we needed to know, We LEARNED IN KINDERGARTEN!!! And, really. There are just some simple things in life that bring us JOY, and Dana believes one of those is a good, FAT Coloring Book! One thing for sure. With this KEEP CALM and COLOR ON series of coloring books, rest assured that there will always be ample pages to color and doodle on! Tip! We encourage you to use the blank borders of the pages...



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