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Doodling for Adults: Much More Than Just Another Coloring Book (Paperback)

By Richard Marvin Voigt

Rivo Incorporated (Rivo Inc), 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Unlike most coloring books, the concept behind Doodling For Adults illustrates a unique step-by-step guide to truly imaginary doodling. Each image will challenge your imagination as you decide where to add more shapes, dynamic textures, striking patterns, and vivid colors. Doodling For Adults is a completely new and unique drawing technique that helps regain one's confidence and pure enjoyment of drawing again. Research shows that doodling is truly a natural, healthy and creative experience that helps you remain alert while in a relaxed state of mind. Doodling during meetings can actually help you retain information. Doodling For Adults is an exciting drawing technique that allows you to record fresh ideas while relaxing your mind. Just like putting puzzle pieces together, this book teaches you how to enter deeper levels of creative problem solving. It frees you from relying on old, preconceived ideas, thus heightening your clarity and creativity. While this drawing technique was originally designed to help busy adults who have forgotten how to relax, it's also for children of all ages who enjoy unique doodling and coloring experiences....



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