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Christmas: 50 Fun and Traditional Stress Relieving Patterns (Paperback)

By Audrey Wingate

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Bring Christmas to life. This coloring book contains a variety of Christmas scenes ranging from classical biblical scenes and traditional pictures of Santa Claus, to very modern doodles based upon Christmas presents and decorations. Coloring is something that has long been associated with kids and it has been taken for granted that, as we grow older, we put away our crayons or colored pencils and turn to more adult pursuits. In recent years however we have witnessed this wisdom being overturned and coloring for adults has become a widespread activity. But why has coloring for adults become so popular? There are many explanations for the explosion in adult coloring, but here are just some. Coloring Relieves Stress And Anxiety Psychiatrists have long recognized the fact that coloring relaxes the fear center of the brain and allows your mind to get some rest. Indeed, Carl Jung, the founder of analytical psychology, gave his patients mandalas to color over one hundred years ago. In today's hectic world the stress reducing properties of coloring are perhaps more valuable than they have ever been....



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Reviews

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