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## Fashion Clothing: 50 Mind Calming and Stress Relieving Patterns

By Audrey Wingate, Wmc Publishing

Createspace, United States, 2015. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Create Your Own Colorful Fashion Clothes For Women These simple outline drawings for a range of fashion clothes provide the perfect opportunity for you to be your own fashion designer. Coloring is an activity which has been associated for a long time with kids and it has been taken for granted that, as we reach maturity, we put away our crayons or colored pencils and turn to more adult pursuits. In recent years however we have increasingly seen this wisdom being overturned and coloring for adults has become a widespread pastime. But why has coloring for adults become so popular? There are many reasons for the explosion in adult coloring, but here are just some. Coloring Relieves Stress And Anxiety Psychiatrists have known for a long time that coloring relaxes the fear center of the brain and permits your mind to rest. Indeed, Carl Jung, the founder of analytical psychology, is known to have given his patients mandalas to color over one hundred years ago. In the hectic world we inhabit today the stress reducing properties of coloring are probably more valuable than...



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