



Flowers: 50 Mind Calming And Stress Relieving Patterns (Coloring Books For Adults) (Volume 6)

Audrey Wingate, WMC Publishing

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Create Your Own Beautiful Pictures Of Flowers

In volume 6 of this coloring books for adults series you will find no fewer than 50 line drawings of flowering plants and flowers just waiting for you to bring them to life. So, whether you are a fan of spring flowers or perennial flowers, here is the perfect opportunity to create your own flower art.

Coloring is something which has long been associated with children and it has been accepted that, as we grow older, we put aside our crayons or colored pencils and turn our attention to more adult pursuits. However, in recent years we have seen this wisdom being rejected and coloring for adults has become a widespread and growing hobby.

But **why has coloring for adults become so popular?** There are many explanations for the rapid growth in adult coloring, but here are just a few...

Coloring Relieves Stress And Anxiety

Psychiatrists have long known that coloring relaxes the fear center of the brain and allows your mind to rest. Indeed the founder of analytical psychology, Carl Jung, gave his patients mandalas to color more than one hundred years ago. In today's hectic world the stress relieving properties of coloring are probably more valuable than they have ever been.

Coloring Trains Your Brain To Focus

Remaining inside 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 mind exercise which lets you put aside everything else for the time you spend doing it, and this is extremely important in our busy world.

Coloring Helps To Develop Motor Skills And Vision

Coloring forces the two hemispheres of your brain to communicate and involves both the use of logic (necessary to color forms) and creativity (as we mix and match colors). This, in turn, brings those areas of the brain responsible for fine motor skills and vision into play, and helps in keeping these active and in developing them further. It is this aspect of coloring which is being increasingly seen as particularly valuable for older individuals, as many people believe that it can delay, or possibly even prevent, the onset of dementia.

Coloring Provides The Opportunity To Be Social

Although you may feel that coloring should be a solo occupation, its increasing popularity is fast turning it into a social one. Families, friends, co-workers and others are getting together to enjoy something to eat and

drink and the opportunity to socialize, through their common interest in coloring books. Undoubtedly, this is a wonderful excuse for a party, as coloring requires only a minimum of concentration and can easily be done in a group setting.

Coloring Lets You Be Yourself

When it comes to coloring there are no rules and your coloring book is just that - **your** coloring book. If you mistakenly make the cat's back leg green because you mistook it for part of the grass, who is going to care? Should you feel like making the sky pink, does it really matter? You may be as creative and experimental as you want to be because this is your project, and yours alone.

You may already be a convert to adult coloring, in which case you will appreciate its value. This may however be a new venture for you and one which you are considering for any one of several different reasons. If this is a new venture for you then **I encourage you to try it out**. It is no accident that so many people are excited about the world of adult coloring, so **jump on board and start to enjoy the benefits for yourself today**.

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