



Tribal Ethnic Dress Designs: 60 Full Page Line Drawings Ready for Coloring (Paperback)

By Sue Taylor-Cox

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Create Your Own Tribal And Ethnic Dress Designs There can be little that is more colorful than tribal and ethnic dresses and this style of ethnic art is perfect as a canvas for coloring books. Coloring is something which has been associated for a long time with children and it has been taken for granted that, as we reach maturity, we put away our crayons or colored pencils and turn our attention to more adult pursuits. In recent years however we have increasingly witnessed this wisdom being rejected and coloring for grown-ups has become a widespread and growing hobby. But why has coloring for grown-ups become so popular? There are many explanations for the explosion in adult coloring, but here are just some. Coloring Reduces Stress And Anxiety Psychiatrists have long known that coloring relaxes the fear center of the brain and permits your mind to rest. In fact, Carl Jung, the founder of analytical psychology, is known to have given his patients mandalas to color more than one hundred years ago. In the hectic world we inhabit today the stress reducing properties...



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