



Fashion Floral Tops: 50 Mind Calming and Stress Relieving Patterns (Paperback)

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 Fashion Design Floral Pattern TopsTake these simple outline drawings of ladies tops and turn them into colorful fashion design patterns for your own fashion designer sketchbook.Coloring is an activity which has long been associated with kids and it has been accepted that, as we reach maturity, we put aside our colored pencils and turn our attention to more adult pursuits. However, in recent years we have increasingly seen 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 reasons for the rapid growth in adult coloring, but here are just a few.Coloring Reduces Stress And AnxietyPsychiatrists have long recognized the fact that coloring relaxes the fear center of the brain and allows your mind to get some rest. In fact, Carl Jung, the founder of analytical psychology, gave his patients mandalas to color over 100 years ago. In the hectic world we inhabit today the stress reducing properties of coloring are probably more valuable than they have ever been.Coloring Trains Your...



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