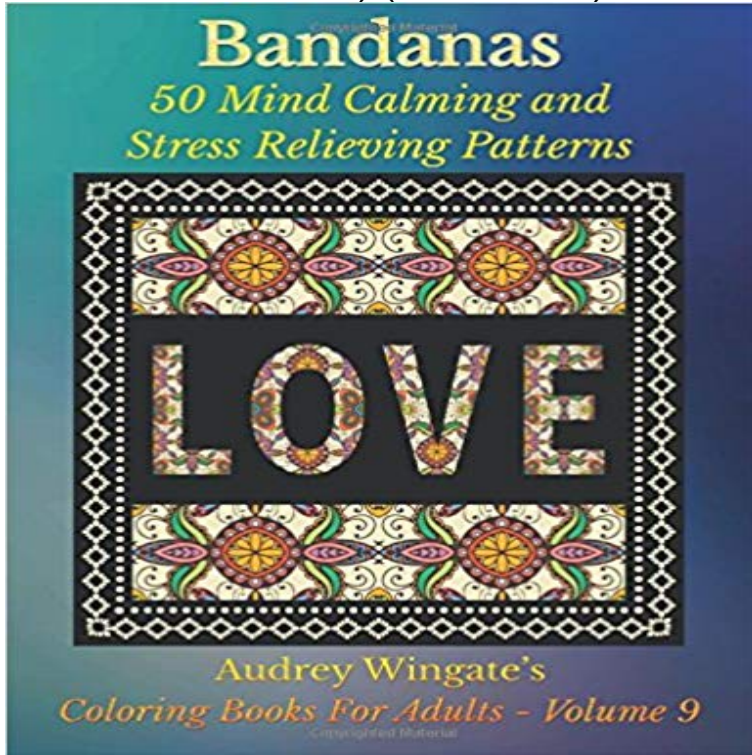


Bandanas: 50 Mind Calming And Stress Relieving Patterns (Coloring Books For Adults) (Volume 9)



Create Your Own Colorful Bandana Or Tribal Scarf Despite its simplicity the bandana provides a perfect canvas for coloring with a range of wonderful tribal designs and patterns to work with. Coloring is something that has long been associated with kids and it has been accepted that, as we grow up, we put aside our crayons and turn our attention to more grown-up pursuits. In recent years however we have increasingly witnessed this wisdom being overturned and coloring for grown-ups has become a widespread pastime. But why has coloring for grown-ups become so popular? There are many reasons for the rapid growth in adult coloring, but here are just a few... Coloring Lowers 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 the founder of analytical psychology, Carl Jung, gave his patients mandalas to color more than one hundred years ago. In the hectic world we inhabit today the stress reducing properties of coloring are possibly more valuable than ever. Coloring Trains Your Mind To Focus Remaining within 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 mental exercise that lets you put aside everything for the time you spend coloring, and this is important in our increasingly busy world. Coloring Helps In The Development Of Fine Motor Skills And Vision Coloring forces the two sides of your brain to interact and involves both the use of logic (necessary to color forms) and creativity (as we mix and match colors). This, in turn, brings the areas of the brain concerned with fine motor skills and vision into play, and helps in keeping these active and in developing them further. It is this aspect of coloring that is being increasingly seen as especially

valuable for older individuals, as many believe that it can delay, or even prevent, the onset of dementia. Coloring Provides The Chance To Be Social Although you may think that coloring should be a purely solo activity, its increasing popularity is rapidly turning it into a social one. Friends, families, colleagues and others are getting together to eat, drink and enjoy the chance to socialize, through their shared interest in coloring books. Undoubtedly, this is a perfect excuse for a party, as coloring requires only minimal concentration and can easily be done in a group setting. Coloring Lets You Express Yourself When it comes to coloring there are no rules and your coloring book is your coloring book. If you mistakenly make the dogs hind leg green because you mistook it for part of the grass, who cares? Should you decide to make the sky yellow, what does it matter? You can be as creative as you want to be because this is your coloring book, and yours alone. When it comes to selecting colors remember that the British-based, but American-born, artist James Whistler once famously remarked, Mauve is just pink trying to be purple. You may already be a fan of adult coloring, in which case you will know and appreciate its value. This may however be a new project for you and one that you are contemplating for any one of several different reasons. If this is something new for you then I urge 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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