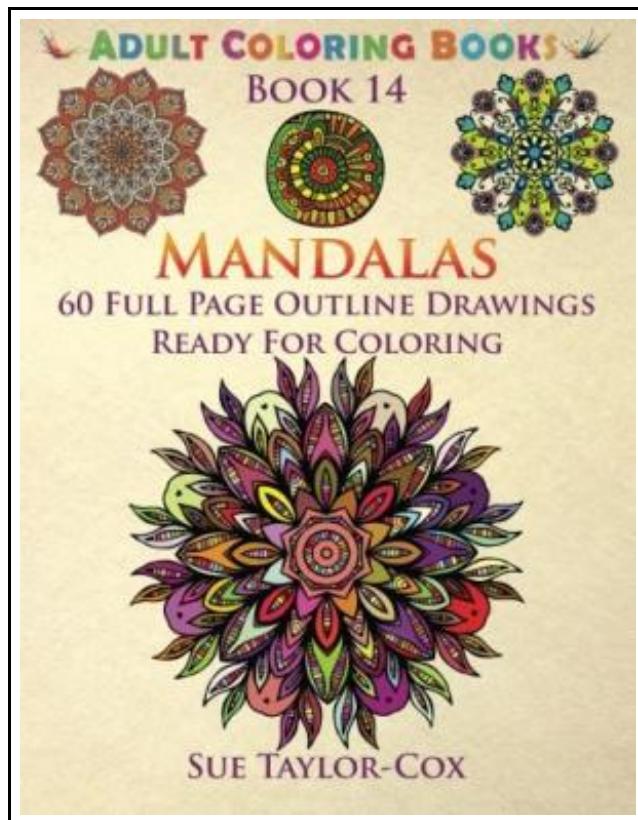


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Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Colorful Mandalas For Healing And MeditationIt should comes as no surprise that mandala coloring books for adults are among the most popular of all the coloring books. Whether we are talking about traditional Tibetan, Indian, Celtic, Buddhist and Native American mandalas, or more modern abstract mandala diagrams, the mandala has been used for many years as the basic coloring form for relaxation.Coloring is an activity that has been associated for a long time with children and it has been taken for granted that, as we mature, we put away our colored pencils and turn to more grown-up pursuits. In recent years however we have increasingly seen this wisdom being overturned and coloring for grown-ups has become a widespread and growing pastime.But why has coloring for grown-ups become so popular? There are many explanations for the rapid growth in adult coloring, but here are just some.Coloring Lowers 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 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 relieving properties of coloring are perhaps more valuable than ever.Coloring Trains Your Brain To FocusKeeping within the lines as you color requires focus and, while you concentrate on this stress-free and relaxing activity, you can forget about your worries. Coloring is a mind exercise that lets you set aside everything for the time you spend doing it, and this is extremely important in our increasingly busy world.Coloring Helps To Develop Motor Skills And VisionColoring forces the two...



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