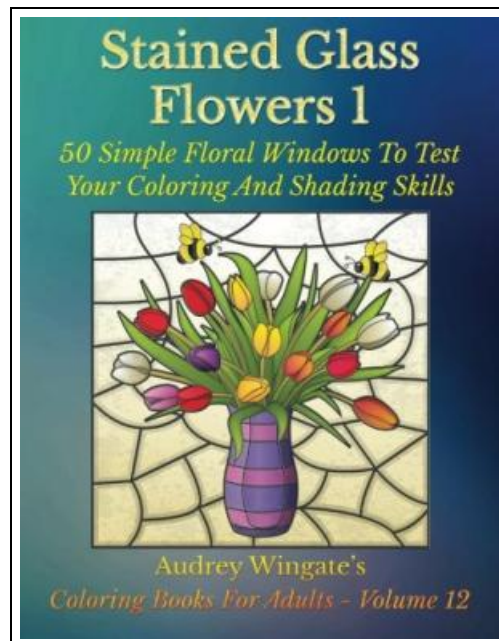


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STAINED GLASS FLOWERS 1: 50 SIMPLE FLORAL WINDOWS TO TEST YOUR COLORING AND SHADING SKILLS



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.It is often said that coloring books for adults need to contain complex and detailed outlines, to separate them from those simple coloring books designed for children. This is not however the case and, in this book, you will find some reasonably simple stained glass window flower outlines, which you might find surprisingly challenging. Here the skill lies in not simply using color to build a picture, but in using color in gradients and creating shading across each window to mimic that classic effect of light shining through a stained glass window. The skill of shading, with both pencils and an eraser, is not as simple as you might imagine. Why is adult coloring so popular today? Coloring Reduces Stress And Anxiety Psychiatrists have known for a long time that coloring relaxes the fear center of the brain and permits your mind to get some rest. In fact, Carl Jung, the founder of analytical psychology, gave his patients mandalas to color more than 100 years ago. In the hectic world we inhabit today the stress reducing properties of coloring are probably more valuable than ever. Coloring Trains Your Brain To Focus Staying inside the lines as you color takes 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 else for the time you spend doing it, and this is extremely important in our stressful world. Coloring Helps In The Development Of Fine Motor Skills And Vision Coloring forces the two sides of your brain to communicate and involves the use of logic (used for coloring forms) and creativity (as we mix and match...



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