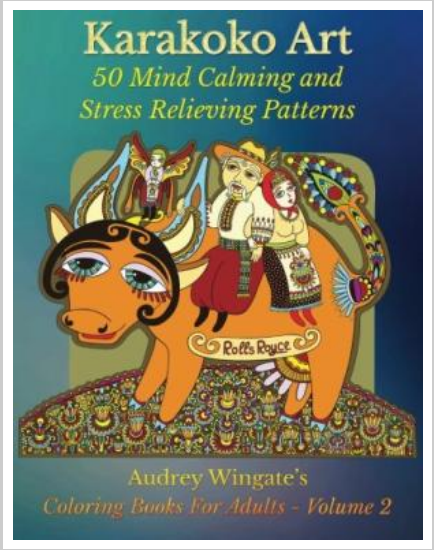


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Karakoko Art: 50 Mind Calming and Stress Relieving Patterns

By Audrey Wingate, Wmc Publishing

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Create Your Own Traditional Ukrainian Folk ArtThese fascinating images from Ukraine can best be described as tribal designs, or as tribal or ethnic art, and will provide hours of coloring pleasure during which you can really let your creativity run riot.Coloring is an activity which has long been associated with children and it has been taken for granted that, as we reach maturity, we put away our colored pencils and turn to more grown-up pursuits. However, in recent years we have seen this wisdom being rejected and coloring for adults has become a widespread and growing hobby.But why has coloring for adults become so popular? There are many reasons for the rapid growth in adult coloring, but here are just some.Coloring Reduces Stress And AnxietyPsychiatrists have long recognized the fact that coloring relaxes the fear center of the brain and permits your mind to rest. In fact, Carl Jung, the founder of analytical psychology, gave his patients mandalas to color more than one hundred years ago. In the hectic world we inhabit today the stress...

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