



Fashion Designs 2: 60 Full Page Line Drawings Ready For Coloring (Adult Coloring Books) (Volume 21)

Sue Taylor-Cox, WMC Publishing

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Create your own stunning fashion designs

Coloring is something which has been associated for a long time with children and it has been taken for granted that, as we mature, we put away our crayons or colored pencils and turn our attention to more adult pursuits. In recent years however we have witnessed this wisdom being rejected and coloring for adults has become a widespread and growing pastime.

But why has coloring for adults become so popular? There are many reasons for the explosion in adult coloring, but here are just a few...

Coloring Relieves Stress And Anxiety

Psychiatrists have long known that coloring relaxes the fear center of the brain and allows your mind to get some rest. Indeed, Carl Jung, the founder of analytical psychology, is known to have given 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 probably more valuable than they have ever been.

Coloring Trains Your Brain To Focus

Staying inside 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 which lets you set aside everything else for the time you spend coloring, and this is important in our hectic world.

Coloring Helps To Develop Motor Skills And Vision

Coloring forces the two hemispheres of the brain to communicate and involves both the use of logic (necessary to color forms) and creativity (as we mix and match colors). In turn, this brings those areas of the brain concerned with vision and fine motor skills into play, and helps to keep these active and develop them further. This is the aspect of coloring which is being seen more and more as especially valuable for older individuals, as many people believe that it can delay, or possibly even prevent, the onset of dementia.

Coloring Gives You The Chance To Be Social

Although you might believe that coloring would be a solo occupation, its growing popularity is quickly turning it into a social one. Friends, families, co-workers and others are now getting together to eat, drink and enjoy the opportunity to socialize, through their shared interest in coloring books. Without doubt, this is a great excuse for getting together, as coloring needs only minimal concentration and can easily be done in a group.

Coloring Lets You Express Yourself

When it comes to coloring there are no rules and your coloring book is just that - **your** coloring book. If you

accidentally color the cat's back leg green because you thought that it was part of the grass, who is going to care? Should you feel like making the sky yellow, does it really matter? You can be as creative as you want to be because this is your project, and yours alone. When it comes to choosing colors remember that the American artist James Whistler once famously remarked, "*Mauve is just pink trying to be purple.*"

You may already be a convert to adult coloring, in which case you will know and appreciate its value. Alternatively, this may be a new venture for you and one that you are contemplating for any one of a number of different reasons. If this is something new for you then **I urge you to try it out**. There is a reason why so many people are fired up about the world of adult coloring, so **jump on board and begin enjoying the benefits for yourself today**.

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