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Oodles of Doodles: An Adult Coloring Book with Stress-Relieving Pictures to Color (Paperback)

By Jennifer Fifely

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Coloring is not just for kids anymore! A popular way to relax and unwind, coloring helps relieve stress, improve focus, and even improve fine motor skills. As a centering activity, it has also been recommended by therapists as a way to combat anxiety. In terms of relaxation, the impact of coloring has been compared to that of doing yoga exercises. Coloring helps stressed-out adults feel like kids again-ones with a worry-free life-at least for awhile. Some therapists see coloring as a way for people to manage thoughts and feelings on their own-a great replacement for other less positive soothing activities such as overeating or substance abuse. One of the reasons for the coloring s calming influence is its activity-reducing effect on the brain s amygdala (also known as the fear center), which helps relieve stress. In addition to its calming effect, coloring is downright fun. Although adult coloring books are viewed as a hot new trend today, psychiatrists (including Carl Jung) have been prescribing coloring as a form of stress relief for more than a hundred years. In recent...



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