



More Flowers and Floral Patterns: 60 Full Page Line Drawings Ready For Coloring (Adult Coloring Books) (Volume 3)

Sue Taylor-Cox, WMC Publishing

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Create Your Own Colorful Pictures Of Flowers

Color these outlines of spring, perennial, exotic and abstract plants and flowers to create your own stunning flower artwork.

Coloring is an activity that has long been associated with children and it has been accepted that, as we grow older, we put away our colored pencils and turn our attention to more grown-up pursuits. However, in recent years we have seen this wisdom being overturned 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 explosion in adult coloring, but here are just a few...

Coloring Lowers Stress And Anxiety

Psychiatrists have long recognized the fact that coloring relaxes the fear center of the brain and permits your mind to get some rest. In fact the founder of analytical psychology, Carl Jung, is known to have given his patients mandalas to color over 100 years ago. In today's hectic world the stress relieving properties of coloring are possibly more valuable than they have ever been.

Coloring Trains Your Brain To Focus

Staying within 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 mental exercise that allows you to set aside everything for the time you spend coloring, and this is important in our demanding world.

Coloring Helps In The Development Of Fine Motor Skills And Vision

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

Coloring Gives You The Opportunity To Be Social

Although you might feel that coloring should be a solo activity, its growing popularity is quickly turning it into a social one. Families, friends, co-workers and others are getting together to enjoy something to eat and drink and the chance to socialize, through their common interest in coloring books. Indeed, this is a perfect excuse for partying, as coloring requires only minimal concentration and can be done easily in a group

setting.

Coloring Allows You To Express Yourself

There are no rules when it comes to coloring and your coloring book is **your** coloring book. If you mistakenly color the dog's rear leg green because you mistook it for part of the grass, who is going to care? If you feel like making the sky pink, does it really matter? You are allowed to be as creative as you want to be because this is your project, and yours alone. When it comes to selecting colors don't forget that the American artist James Whistler once remarked, "*Mauve is just pink trying to be purple.*"

You may already be a fan of adult coloring, in which case you will already know and appreciate its value. Alternatively, this may be a new project for you and one which you are looking at for any one of a number of different reasons. If this is a new project for you then **I urge you to try it out**. It is no accident that so many people are excited about the world of adult coloring, so **jump on board and begin enjoying the benefits for yourself today**.

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