



# Flowers And Flowering Plants: 50 Floral Design Coloring Pages (Coloring Books For Grownups) (Volume 11)

*Wendy Zurbowich, WMC Publishing*

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Each book in the Coloring Books for Grownups series contains 50 outline drawings ready for coloring, and is designed for older children and adults of all ages who are looking to escape the stresses of modern living and simply relax.

This, the eleventh book in the series focuses on flowers, flowering plants and floral designs. Flowers form an important part of our lives and there is nothing that catches the eye more than a beautiful display of flowers, whether in a garden bed, as a table decoration or a flower bouquet. Floral or flower art, in which you create your own colorful pictures of flowers, is also a very therapeutic activity.

Coloring for grown-ups is very popular today and there are many explanations for this interest. Some of the reasons for its popularity include...

## **Coloring Relieves Stress And Anxiety**

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

## **Coloring Trains Your Brain To Focus**

Keeping inside the lines as you color a simple black and white line drawing takes focus and, while you concentrate on this stress-free and relaxing activity, you can forget about your worries. Coloring is a mind exercise which allows you to set aside everything for the time you spend doing it, and this is extremely important in our busy world.

## **Coloring Helps To Develop Fine Motor Skills And Vision**

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

## **Coloring Allows You To Be Yourself**

There are no rules when it comes to coloring and your coloring book is just that - **your** coloring book. If you accidentally color the cat's rear leg green because you thought that it was part of the grass, who is going to care? Should you decide to make the sky pink, does it really matter? You can be as creative and experimental as you wish because this is your coloring book, and yours alone. When it comes to picking colors remember that the British-based, but American-born, artist James Whistler once said, "*Mauve is just pink trying to be*

*purple."*

You may already be a convert to adult coloring, in which case you will already know and appreciate its value. This may however be a new venture for you and one which you are looking at for any one of several 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 start to enjoy the benefits for yourself today**.

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