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Stained Glass Windows: 50 Mind Calming And Stress Relieving Patterns (Coloring Books For Adults) (Volume 11)

Audrey Wingate, WMC Publications

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Create Your Own Stained Glass Windows

This stained glass coloring book contains both classical scenes from old and new testament biblical stories, including of course images of Jesus of Nazareth, as well as more modern floral and abstract stained glass patterns.

Coloring is something that has long been associated with kids and it has been taken for granted that, as we grow older, we put away our crayons or colored pencils and turn to more adult pursuits. In recent years however we have witnessed this wisdom being overturned and coloring for adults has become a widespread activity.

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

Coloring Relieves Stress And Anxiety

Psychiatrists have long recognized the fact 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, gave his patients mandalas to color over one hundred years ago. In today's hectic world the stress reducing properties of coloring are perhaps more valuable than they have ever been.

Coloring Trains Your Brain To Focus

Remaining within 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 that allows you to set aside everything for the time you spend doing it, and this is extremely important in our busy world.

Coloring Helps In The Development Of Fine Motor Skills And Vision

Coloring forces the two sides of your brain to work together 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 in keeping these active and in developing them further. This is the aspect of coloring that 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 Gives You The Chance To Be Social

Although you may believe that coloring ought to be a purely solo occupation, its rising popularity is quickly turning it into a social one. Families, friends, work colleagues and others are now getting together to eat, drink and enjoy the opportunity to socialize, through their common interest in coloring. Undoubtedly, this is a great excuse for getting together, as coloring requires only a minimum of concentration and can easily be

done in a group.

Coloring Allows You To Express Yourself

When it comes to coloring there are no rules and your coloring book is just that - **your** coloring book. If you accidentally make the cat's hind leg green because you mistook it for part of the grass, who cares? If you decide to make the sky pink, does it really matter? You are allowed to be as creative as you like 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 fan of adult coloring, in which case you will appreciate its value. Alternatively, this may be a new venture for you and one that you are thinking about for any one of several different reasons. If this is something new for you then **I urge you to give it a try**. It is no accident that so many people are fired up about the world of adult coloring, so **join in and start enjoying the benefits for yourself today**.

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