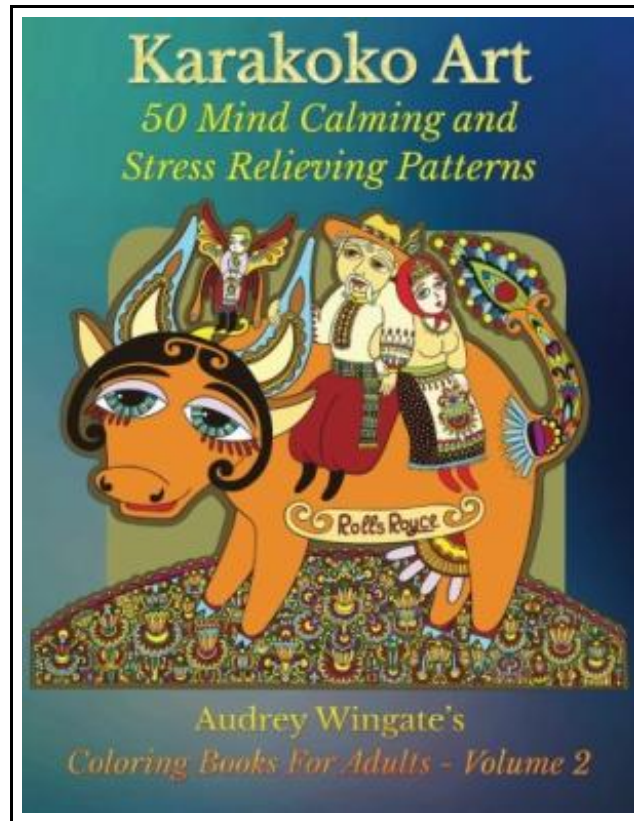


Karakoko Art: 50 Mind Calming and Stress Relieving Patterns (Paperback)



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Reviews

It is one of my personal favorite books. It is written in easy terms and never hard to understand. It has been designed in an exceedingly easy way and it is only after I finished reading this publication by which in fact changed me, change the way I think.

(Lucinda Stiedemann)

KARAKOKO ART: 50 MIND CALMING AND STRESS RELIEVING PATTERNS (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Create Your Own Traditional Ukrainian Folk ArtThese fascinating images from Ukraine can best be described as tribal designs, or as tribal or ethnic art, and will provide hours of coloring pleasure during which you can really let your creativity run riot.Coloring is an activity which has long been associated with children and it has been taken for granted that, as we reach maturity, we put away our colored pencils and turn to more grown-up pursuits. However, in recent years we have seen this wisdom being rejected 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 rapid growth in adult coloring, but here are just some.Coloring Reduces Stress And AnxietyPsychiatrists have long recognized the fact that coloring relaxes the fear center of the brain and permits your mind to rest. In fact, Carl Jung, the founder of analytical psychology, gave his patients mandalas to color more than one hundred years ago. In the hectic world we inhabit today the stress reducing properties of coloring are probably more valuable than ever.Coloring Trains Your Mind To FocusStaying within the lines as you color a simple black and white line drawing needs focus and, while you concentrate on this stress-free and relaxing activity, you can forget about your worries. Coloring is a mental exercise which lets you put aside everything for the time you spend doing it, and this is important in our hectic world.Coloring Helps To Develop Motor Skills And VisionColoring forces the two sides of the brain to work together and involves both the use of logic (used for coloring forms)...



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. Mark Smith (illustrator). 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.A #1 Best Selling Children s Book...

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Paraxus International, Inc., United States, 2012. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Please go to // and shapes for some high resolution sample...

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**Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities (Paperback)**

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso's groundbreaking and trusted guide on bullying-including cyberbullying-arms parents

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Little Fig, LLC, United States, 2015. Paperback. Book Condition: New. Deb McQueen (illustrator). 216 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.My oldest son was fascinated with games. So,

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