

Keep Calm and Color on: 125 Pages of Coloring Goodness! Intended to Bring Out the Kid in You!



Filesize: 6.85 MB

Reviews

A very awesome book with perfect and lucid reasons. It really is basic but shocks within the 50 percent of the book. Its been designed in an exceptionally easy way and is particularly merely right after i finished reading this ebook where in fact changed me, change the way i think.

(Meagan Roob)

KEEP CALM AND COLOR ON: 125 PAGES OF COLORING GOODNESS! INTENDED TO BRING OUT THE KID IN YOU!



Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.Volume 1, BE INSPIRED of KEEP CALM and COLOR ON is the first in a series of Coloring Books for adults that is SURE TO PLEASE!! Did You Know Coloring Books have proven to have health benefits that go beyond relaxation. Coloring includes exercising the fine motor skills while training the brain to focus. Since the early 1900 s, doctors have known about these benefits. Psychiatrist Carl Jung, the founder of analytical psychology, prescribed coloring to his patients in order to calm and center their minds. Doctors today continue to follow Jung s lead and still recommend the activity to combat anxiety. What is very interesting is the fact that the activity of coloring is STRUCTURED. This activates the logic part of the brain, as well as generates a creative mindset. Because it s a centering activity, the amygdala (the part of the brain that is involved with our fear response) actually gets a little bit of a rest. It ultimately has a really calming effect over time! And although these health benefits exist, the majority of adults who are coloring again report that it is just fun, and makes them feel like a kid again! WHO KNOWS Maybe it IS true. EVERYTHING we needed to know, We LEARNED IN KINDERGARTEN!!! And, really. There are just some simple things in life that bring us JOY, and Dana believes one of those is a good, FAT Coloring Book! One thing for sure. With this KEEP CALM and COLOR ON series of coloring books, rest assured that there will always be ample pages to color and doodle on! Tip! We encourage you to use the blank borders of the pages...



[Read Keep Calm and Color on: 125 Pages of Coloring Goodness! Intended to Bring Out the Kid in You! Online](#)



[Download PDF Keep Calm and Color on: 125 Pages of Coloring Goodness! Intended to Bring Out the Kid in You!](#)

Other Books



Adult Coloring Book Birds: Advanced Realistic Bird Coloring Book for Adults

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.Take your coloring to the next level with this Advanced...

[Save Document »](#)



Adult Coloring Books Reptiles: A Realistic Adult Coloring Book of Lizards, Snakes and Other Reptiles

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.Take your coloring to the next level with this Advanced...

[Save Document »](#)



Nautical Coloring Book: An Advanced Adult Coloring Book of Nautical, Maritime and Seaside Scenes

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.Take your coloring to the next level with this Advanced...

[Save Document »](#)



Ella the Doggy Activity Book

Husky Publishing, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.This activity book is comprised of crossword puzzles, word search games, word...

[Save Document »](#)



Children s Handwriting Book of Alphabets and Numbers: Over 4,000 Tracing Units for the Beginning Writer

Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.The Children s Handwriting Book of Alphabets and Numbers provides extensive focus on...

[Save Document »](#)



The Magical Animal Adoption Agency Book 2: The Enchanted Egg

Hyperion, United States, 2016. Paperback. Book Condition: New. Alexandra Boiger (illustrator). 198 x 129 mm. Language: English . Brand New Book. There s a new resident at the Magical Animal Adoption Agency-but this one hasn

[Read eBook »](#)



See You Later Procrastinator: Get it Done

Free Spirit Publishing Inc.,U.S., United States, 2009. Paperback. Book Condition: New. 175 x 127 mm. Language: English . Brand New Book. Kids today are notorious for putting things off-
-it s easy for homework and chores

[Read eBook »](#)



Talking Digital: A Parent s Guide for Teaching Kids to Share Smart and Stay Safe Online

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. It is time for the digital talk. Today, kids are growing up in a wired world. Their

[Read eBook »](#)



Children s Educational Book Junior Leonardo Da Vinci : An Introduction to the Art, Science and Inventions of This Great Genius Age 7 8 9 10 Year-Olds. [British English]

Createspace, United States, 2013. Paperback. Book Condition: New. 248 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to

[Read eBook »](#)



The Voyagers Series - Europe: A New Multi-Media Adventure Book 1

Strength Through Communications, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Voyagers Series is a new multi-media, multi-disciplinary approach to teaching

[Read eBook »](#)