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Stained Glass Animals: 50 Simple Animal Windows to Test Your Coloring and Shading Skills (Paperback)

By Audrey Wingate

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 280 x 216 mm.

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*****. People say that coloring books for adults have to contain complex outlines, to distinguish them from coloring books made for children. However, this is not the case and, in this coloring book, you will find some relatively simple stained glass window animal outlines, which you might find surprisingly difficult. The skill here lies in not just using choosing the right colors to build a picture, but in using gradients and shading across each window to capture the effect of light shining through a stained glass window. Shading, with both pencils and an eraser, is not as easy as you might think. Why has adult coloring so popular today? Coloring Reduces Stress And Anxiety Psychiatrists have long recognized the fact that coloring relaxes the fear center of the brain and permits your mind to rest. Indeed the founder of analytical psychology, Carl Jung, gave his patients mandalas to color over 100 years ago. In today's hectic world the stress reducing properties of coloring are probably more valuable than they have ever been. Coloring Trains Your Brain To Focus Staying inside...



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