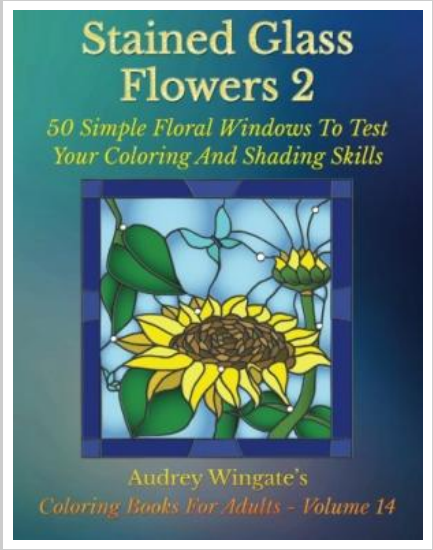


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Stained Glass Flowers 2: 50 Simple Floral Windows to Test Your Coloring and Shading Skills (Paperback)

By Audrey Wingate

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.It is frequently said that adult coloring books must contain detailed outlines, to set them apart them from the simple coloring books created for children. This is not in fact the case and, in this particular book, you have some quite simple stained glass window flower outlines, which you may well find are more than a little challenging. Here the skill in not merely in using color to create a picture, but in using shading and gradients in each window to get that classic look of light shining through a stained glass window. This shading skill, using both pencils and an eraser, is more difficult than you might imagine.Why has adult coloring so popular today?Coloring Reduces Stress And AnxietyPsychiatrists have known for a long time that coloring relaxes the fear center of the brain and allows your mind to rest. In fact, Carl Jung, the founder of analytical psychology, is known to have given his patients mandalas to color over 100 years ago. In today s hectic world the stress reducing properties of coloring are...

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