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Fashion Designs: 60 Full Page Line Drawings Ready For Coloring (Adult Coloring Books) (Volume 15)



Synopsis

Create Your Own Colorful Fashion Designs Whether is it a fashion design dress, or another article of clothing, build your own fashion designer sketchbook. Coloring is an activity that has long been associated with children and it has been accepted that, as we grow up, we put aside our 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 pastime. But why has coloring for adults become so popular? There are many explanations for the rapid growth in adult coloring, but here are just a few...

Coloring Lowers Stress And Anxiety Psychiatrists have long known that coloring relaxes the fear center of the brain and permits your mind to get some rest. Indeed the founder of analytical psychology, Carl Jung, gave his patients mandalas to color over 100 years ago. In the hectic world we inhabit today the stress relieving properties of coloring are possibly more valuable than ever.

Coloring Trains Your Brain To Focus Remaining within the lines as you color a simple black and white line drawing requires focus and, while you are concentrating on this stress-free and relaxing activity, you can forget about your worries. Coloring is a mind exercise that lets you put aside everything for the time you spend coloring, and this is very important in our demanding world.

Coloring Helps In The Development Of Motor Skills And Vision Coloring forces the two sides of the brain to work together and involves both the use of logic (necessary for coloring forms) and creativity (as we mix and match colors). In turn, this brings the areas of the brain concerned with vision and fine motor skills into play, and helps in keeping these active and in developing them further. It is this aspect of coloring that is being seen more and more as particularly valuable for older individuals, as many in the medical profession believe that it can delay, or even prevent, the onset of dementia.

Coloring Gives You The Opportunity To Be Social Although you might believe that coloring would be a purely solo activity, its increasing popularity is fast turning it into a social one. Friends, families, colleagues and others are getting together to enjoy something to eat and drink and the chance to socialize, through their shared interest in coloring. Indeed, this is a perfect excuse for a party, as coloring needs only a minimum of concentration and can easily be done in a group setting.

Coloring Lets You Be Yourself There are no rules when it comes to coloring and your coloring book is your coloring book. If you mistakenly make the cat's rear leg green because you thought that it was part of the grass, who is going to care? Should you feel like making the sky pink, does it really matter? You are allowed to be as creative and experimental as you wish because this is your coloring book, and yours alone. When it comes to choosing colors don't forget that the British-based, but American-born, artist James Whistler once said, "Mauve is just pink trying to be purple." You may already be a fan of adult coloring, in which case you will already appreciate

its value. This may however be a new venture for you and one which you are contemplating for any one of a number of different reasons. If this is something new for you then I encourage you to try it out. There is a reason why so many people are fired up about the world of adult coloring, so jump on board and start to enjoy the benefits for yourself today.

Book Information

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Customer Reviews

I will start off with the positives:60 pages to color, printed on front only. Unique designs that I enjoy. Detailed but not overly tiny which I prefer.Negatives:Some designs have too much black, as in areas are already colored in. I would prefer to color those areas myself. Some might like that, but this is not my personal preference. Paper is very thin compared to other books. Even gel pens will leak through so make sure you put paper or card stock behind each page before coloring. Pages are not perforated for easy removal. I wish there was more to the page. Some pages just have a picture of one big shirt. I would have liked accessories.

This book is great, the only thing is the paper is a little thinner than some and the pages are not perforated so you can tear them out, which makes it a lot easier to color if you can do that. There are 60 awesome pages of fashion from bell bottoms, tank tops, bathing suits, hats, and shoes. I know I will be very happy coloring in this book.

This has been one of my favorite coloring books by far I love the designs. Each page is complex but

easy enough to complete in one sitting. I have nearly completed the book and will buy some of the other books in this series. One thing about this book is the paper is really nice with a smooth texture that takes ink really smoothly with full coverage without requiring going over multiple times. The pages are perforated so they can be removed and used as journal pages or framed. I use markers and unfortunately they bleed through the page so the reverse of the page is dotted up with bleed-through but there isn't much help for that. Also, the designs are all different but have similar design elements from page to page so the lack of variety in the details might not appeal to some, Otherwise I love the book myself and highly recommend it. I used a wide variety of pens - sharpies, color pencils and gel pens.

My eight year old Granddaughter loves this, she is into art and loves fashion, so this is right up her alley. I know she is not an adult, but she does a really nice job of coloring. Her Mom and I also love coloring with her. We use the gel pens that have glitter, metallic, and neon colors, so we can make some lovely outfits!

This book is loaded with design. If you like to color clothing designs, this is for you. It has swimsuits, hats, dresses, pants and all sorts in between. It also has a shoe and a boot. So fun. Wish I had all the time in the world to color in the book.

There are lots of different outfits to color. This book comes with images colored as well as black and white line drawings so that you can get creative on your own, but the color drawings are fun to look at and see what these items might look like. The items are well drawn and interesting.

I downloaded to Kindle and got the printable PDF which I find more convenient than buying a paper copy. I can print on whatever paper I want including watercolor. The book has different kinds of fashions from around the world including a few shoes. Designs do include black areas so if you prefer to choose your own colors, this may not work for you.

Not as good as I had expected from other reviews. At least 1 EXACT dress is in 2x. Patterns on different clothing pcs seem very similar to me. Many have EXTREMELY TINY spaces to color in also. I don't think that I would buy this again. Not enough variety in styles & patterns for my taste.

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