



Bible Stories 2: The Life Of Jesus And Other Stories From The Old and New Testaments (Coloring Books For Grownups) (Volume 2)

Wendy Zurbowich, WMC Publishing

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Each book in the Coloring Books for Grownups series contains 50 outline drawings ready for coloring, and is designed for older children and adults of all ages who are looking to escape the stresses of modern living and simply relax.

This, the second book in the series expands on the first book and again contains drawings from both the Old and New Testaments biblical stories, and several drawings showing images of Jesus of Nazareth.

Coloring for grown-ups is very popular today and there are many explanations for this interest. Some of the reasons for its popularity include...

Coloring Reduces Stress And Anxiety

Psychiatrists have long recognized the fact that coloring relaxes the fear center of the brain and allows your mind to rest. Indeed, Carl Jung, the founder of analytical psychology, is known to have given his patients mandalas to color over 100 years ago. In the hectic world we inhabit today the stress reducing properties of coloring are 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 concentrate on this stress-free and relaxing activity, you can forget about your worries. Coloring is a mental exercise which lets you set aside everything else for the time you spend coloring, and this is important in our demanding world.

Coloring Helps To Develop Motor Skills And Vision

Coloring forces the two sides of the brain to interact and involves the use of logic (necessary for coloring forms) and creativity (as we mix and match colors). This, in turn, brings the areas of the brain responsible for vision and fine motor skills into play, and helps to keep these active and develop them further. It is this aspect of coloring which is being seen more and more as particularly valuable for older individuals, as many believe that it can delay, or even prevent, the onset of dementia.

Coloring Provides The Opportunity To Be Social

Although you might feel that coloring ought to be a solo activity, its increasing popularity is quickly turning it into a social one. Families, friends, work colleagues and others are now getting together to eat, drink and enjoy the opportunity to socialize, through their common interest in coloring books. Undoubtedly, this is a great excuse for a party, as coloring needs only a minimum of concentration and can be done easily in a group.

Coloring Allows You To Be Yourself

When it comes to coloring there are no rules and your coloring book is **your** coloring book. If you mistakenly make the cat's back 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, what does it matter? You can be as creative as you wish because this is your project, and yours alone. When it comes to picking colors remember 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 follower of adult coloring, in which case you will already appreciate its value. Alternatively, this may be a new project for you and one that you are contemplating for any one of a number of different reasons. If this is a new project for you then **I urge you to give it a try**. There is a reason why so many people are fired up about the world of adult coloring, so **jump on board and begin enjoying the benefits for yourself today**.

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Sandra Byrom:

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