



A night in Paris Coloring book for adults

By Patti Chiappa

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Dimensions: 11.0in. x 8.5in. x 0.2in. When I first saw a coloring book for an adult in rehab after I was diagnosed with having a stroke and a T. B. I. , I thought my therapist was a little crazy. As I was learning my numbers and letters again, I was also learning that coloring was reliving my stress and helping me recognize items I had forgotten. The practice generates wellness, quietness and stimulates brain areas related to motor skills, the senses and creativity. In fact, publishers have lately been launching coloring books specifically for adults. The trend is alive and well in countries in Europe and North America. The action involves both logic, by which we color forms, and creativity, when mixing and matching colors. This incorporates the areas of the cerebral cortex involved in vision and fine motor skills coordination necessary to make small, precise movements. The relaxation that it provides lowers the activity of the amygdala, a basic part of our brain involved in controlling emotion that is affected by stress. Enjoy the beautiful pictures in this book. This book would make a...



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