



# **Bible Stories 1: The Life Of Jesus And Other Stories From The Old and New Testaments (Coloring Books For Grownups) (Volume 1)**

*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 first book in the series depicts biblical stories from both the Old and New Testaments, with several drawings showing images of Jesus Christ.

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 Lowers 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 today's hectic world the stress reducing properties of coloring are probably more valuable than ever.

### **Coloring Trains Your Mind To Focus**

Remaining inside the lines as you color requires focus and, while you are concentrating on this stress-free and relaxing activity, you can forget about your worries. Coloring is a mental exercise that allows you to set aside everything for the time you spend doing it, and this is very important in our hectic world.

### **Coloring Helps In The Development Of Motor Skills And Vision**

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

### **Coloring Gives You The Opportunity To Be Social**

Although you may feel that coloring would be a solo activity, its increasing popularity is quickly turning it into a social one. Friends, families, co-workers and others are getting together to enjoy something to eat and drink and the opportunity to socialize, through their shared interest in coloring books. Without doubt, this is a wonderful excuse for a party, as coloring needs only a minimum of concentration and can easily be done in a group setting.

### **Coloring Lets You Express Yourself**

There are no rules when it comes to coloring and your coloring book is **your** coloring book. If you mistakenly color the cat's hind leg green because you mistook it for part of the grass, who cares? If you feel like making the sky pink, what does it matter? You are allowed to be as creative and experimental as you want to be because this is your coloring book, and yours alone. When it comes to picking colors remember that the American artist James Whistler once said, "*Mauve is just pink trying to be purple.*"

You may of course already be a follower of adult coloring, in which case you will know and appreciate its value. Alternatively, this may be a new enterprise for you and one which you are looking at for any one of a number of different reasons. If this is something new for you then **I urge you to try it out**. It is no accident that 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**.

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