



The Garden of Beautiful Secrets: Escape to a World of Coloring Fulfillment and Inspiration

Doris J. Silcox

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Calling all colorists... Think back to your youth. A time when we could color the day away without a care in the world. Well, coloring is not just an activity for keeping kids occupied anymore. The reality is, practicing the zentangle method, coloring pages and coloring books for adults can be, and in most cases, is extremely therapeutic. Coloring pages can help generate wellness, quietness, mindfulness, attention to detail, greater focus, hand/eye coordination, and fine motor skills. Coloring is also believed to duplicate the exact same benefits as meditation is believed to impart zen on the brain. There's no wonder why coloring for adults, as well as coloring printables online and offline are so popular these days. Adult coloring book sales are exploding on the market. For most of us, it's a beneficial way to unplug from the daily grinds of life. Even if it's just for an hour or two. Adult coloring is empowering and uplifting. It's also a wonderful experience to learn that you can deliberately relax and intentionally direct your attention while creating beautiful works of art. In essence, adult coloring is an opportunity to unplug and enjoy some meditative fun. With that intent in mind, I invite you to begin your own journey of therapeutic coloring and create your own experience.

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