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Inspirational Designs with the Hebrew Alphabet: Adult Coloring Book (Inspirational Designs (Volume 1))

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The relaxing and creative activity of coloring has matured and is now a favorite amongst adults. Aside from the joy of setting one’s imagination free to experiment with hues and colors, the activity itself generates wellness, tranquility and calm. Indeed, one of the first psychologists to apply coloring as a relaxation technique was Carl G. Jüng in the early 20th century. Jüng primarily recommended circular designs with concentric shapes. Recent studies found that coloring intricate patterns and designs also stimulates brain areas beneficial to problem-solving, organization and memory. Inspirational Designs with the Hebrew Alphabet adult coloring book offers 47 simple to complex designs that promote relaxation and stimulate cognition. The coloring book’s thematic approach adds yet another enhancing element as each of the twenty-two Hebrew letters represents a positive value that infuses the activity with healing energy. Color, relax and be inspired!

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