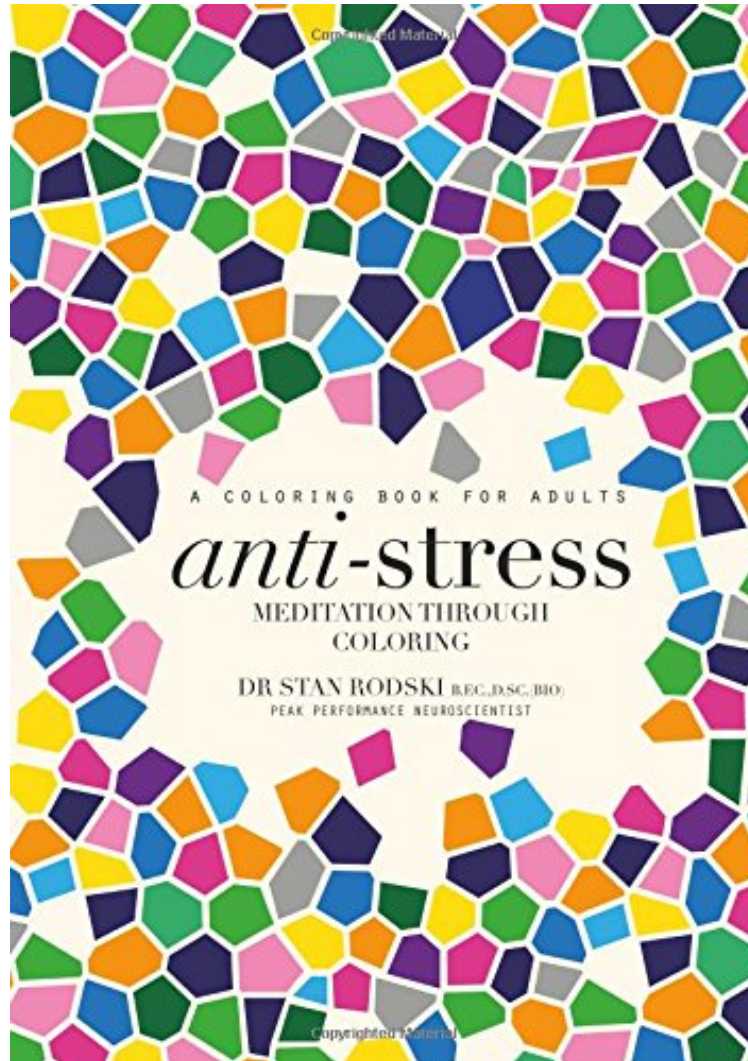


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Anti-Stress: Meditation Through Coloring

Stan Rodski

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Stan Rodski : Anti-Stress: Meditation Through Coloring before purchasing it in order to gauge whether or not it would be worth my time, and all praised Anti-Stress: Meditation Through Coloring:

17 of 18 people found the following review helpful. A simple but well illustrated book to decompress By Hollylooyah This is a very nice and simple coloring book. The designs are drawn in a way that allows one to decompress without cluttering the mind. The scientific explanations are interesting too. 1 of 1 people found the following review helpful. Rodski's coloring books are largely the same - not worth the price. By AC The coloring book is OK, but the patterns/designs featured are pretty similar to those in other books by the author - e.g., brain-science, meditation, etc. The spine of the book doesn't bend well, so can be difficult to color near the edges where the print is full-page. The book also has designs printed on both sides of the page, so there's bleed-through if you use markers

(even though the paper is pretty nice and thick) and pressure from colored pencils leaves indentations on the opposite side as well - meaning that you either have to deal with those issues or choose which pattern you want to color. The explanation of why coloring is therapeutic was interesting, but given that it's the only thing that sets these books apart from their less expensive counterparts, and the other issues I've mentioned, I wouldn't order books from this series again. 4 of 4 people found the following review helpful. Great book! By Mishelle Great book. Lots of step by step instructions and guidance on how to relieve stress by coloring. Well made book. Would recommend.

The only coloring exercises scientifically proven to ease stress Drawing from the study of neuroscience, each of these three unique coloring books contain more than 75 unique patterns designed to focus your brain through the use of pattern, repetition, single focus, and creativity. It is inevitable that our brains get overwhelmed at times by the bombardment of information, but it is essential for our health and well-being to be able to draw upon our own resources to deal with that stress. The simple act of coloring has the power to engage your brain, improve your mood, and kindle creativity by providing a mindful task that can forge new neural pathways and connections in our brains. In this series, Dr Rodski looks at the fight or flight reaction to stress and how coloring can help; how repetition, pattern, and focus relax the brain; and how coloring can stimulate the brain to be more agile and learn faster.

About the Author DR STAN RODSKI has worked as a psychologist for over 30 years, specializing in neuro-scientific research around the issues of stress and how best to deal with it in our personal, family, and work lives.