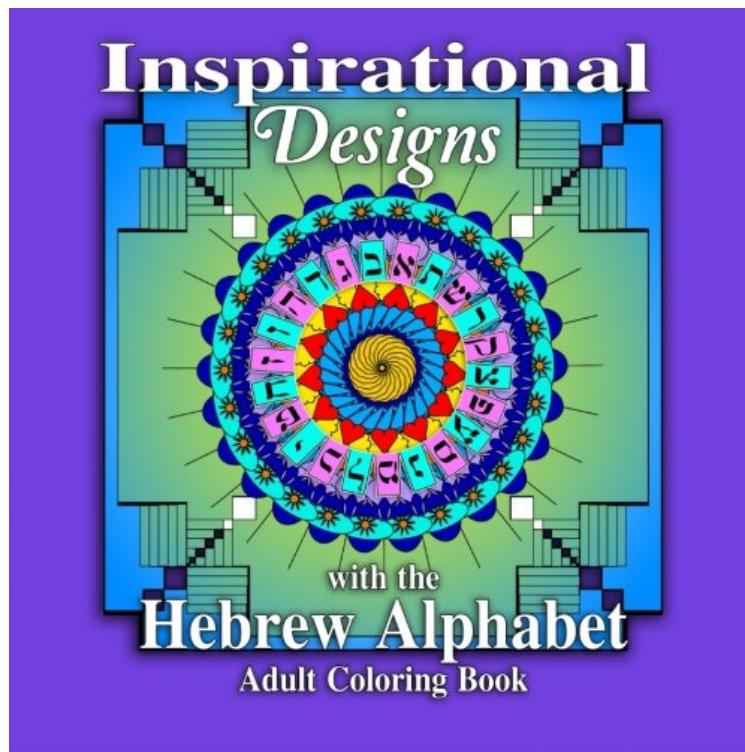


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Inspirational Designs with the Hebrew Alphabet: Adult Coloring Book (Inspirational Designs (Volume 1))

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MazorBooks : Inspirational Designs with the Hebrew Alphabet: Adult Coloring Book (Inspirational Designs (Volume 1)) before purchasing it in order to gage whether or not it would be worth my time, and all praised Inspirational Designs with the Hebrew Alphabet: Adult Coloring Book (Inspirational Designs (Volume 1)):

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. Jüing in the early 20th century. Jüing 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!