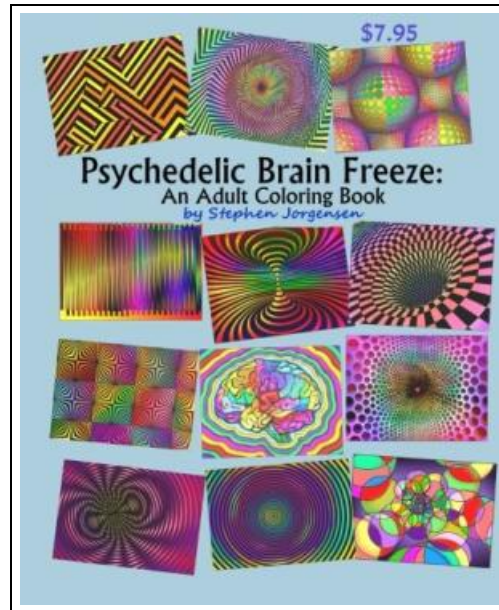


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Reviews

This book is definitely worth getting. It usually will not price too much. Its been printed in an extremely simple way in fact it is only right after i finished reading this publication where basically altered me, modify the way i think.
(Avery Daugherty)

PSYCHEDELIC BRAIN FREEZE, AN ADULT COLORING BOOK (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Stephen E Jorgensen (illustrator). Language: English . Brand New Book ***** Print on Demand *****. This book is a coloring book made for adults. It has 26 line drawings of psychedelic op-art designs for coloring. It includes full color examples of each design printed on the covers. It is for adults because it is not as simple as a child s coloring book as it has smaller and finer details. You have to concentrate when you color to get all the small shapes filled in. The concentration tends to make you clear your mind of thoughts, including many negative thoughts and this will help you relieve your stress. You will find that coloring will tend to reduce anxiety, and will help you focus and in the process it will make you more MINDFULL. It is a therapeutic exercise. The process will stop your mind from all kinds of distracting thoughts. FREEZE YOUR BRAIN! The word -psychedelic- (first used by British psychologist Humphry Osmond) means -mind manifesting-. By that definition, all artistic efforts to depict the inner world of the mind or mental efforts may be considered -psychedelic-. Normally, -psychedelic art- refers to the art movement of the late 1960s hippies and drug counterculture. -Far Out Man!- sums it up. It includes mind blowing patterns and shapes, and above all, bright colors that assault the senses and give a feeling of something strange going on in the mind because of the psychedelic art. These pages will give you that feeling. It depends on the coloring, the melding and clashing of adjacent colors that you provide by filling in the tiny spaces between the overlapping lines. Colorists will show a tendency to get lost drawing in the repetitive patterns and the extended...



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