



PugDala Coloring Book

Lauren Darr

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Gain clarity, focus, and peace coloring PugDalas - over 50 Pug mandalas & mantras/affirmations included... Mandalas are a form of therapy used by thousands worldwide. People seeking to calm their thoughts and increase their productivity focus on coloring mandalas every day. Now, anyone with a love of pugs and a desire for clarity, have a source for those reflections in the "PugDala Coloring Book." Unlock your creativity with the more than fifty PugDala designs included in the "PugDala Coloring Book." Also included are over fifty mantras (also called affirmations) for meditation during the coloring process. Choose your medium, choose the PugDala to color, and enjoy. Turn your thoughts inward. Each of the designs were created for pug people and pet lovers to focus on coloring to relieve stress, increase the positive energy in their lives, and have fun in the process! Lauren Darr has been plumb pug crazy since childhood. She immerses herself in creating through writing and art. Lauren has found that including creative habits in life is beneficial to health while feeding the soul. Advantages of coloring: Many promising studies have been conducted on art therapy. For those who are less inclined to create art as therapy and wanting a simpler solution, they are using coloring books to enrich their lives. Physicians and therapists prescribe coloring for many different illnesses including depression, PTSD, dementia, and even cancer patients to reduce their pain and stress levels in treatment. Everyday, people are also looking for natural and joyful ways to lessen pain and reduce the tension in their lives. By coloring, the mind focuses. This, in turn, allows the brain to replace mind chatter and negative thoughts with positive thoughts. There are many benefits to having a coloring book routine, which include:

- Achieve a meditation state of mind. The alpha brain waves are present when the mind is sleeping or in a deep zen-like meditative state. When a person is coloring, the brain can get into this soothing, restorative mode.
- Assuage stress, worry, and fears. This happens in the amygdala portion of the brain where emotions and motivation are integrated. The amygdala gets calmed during the coloring process.
- Improve fine motor skills. This happens through the repetition of coloring and focusing on a task using your hands to stay within a finite area.
- Increase creativity. Coloring unlocks the right side of the brain and keeps it stimulated, allowing for more creative thoughts and solutions. This also leads to increased productivity.
- Relax, gain clarity, and focus. People can also reduce their blood pressure while coloring.

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