



## Color Me Productive: Playful Distractions to Inspire Your Work Day

By Audrey Christie McLaughlin

Intuitive Publishing, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.How can playful distractions like adult coloring books create more productivity and creativity for you? Well, aside from being massively fun, there is a bit of science behind the theory as well. Psychologists have studied the effects that coloring has on the adult brain. They have found that coloring helps to flex both hemispheres of the brain, the logical and creative side simultaneously. It's like the most fun workout for your gray matter ever! Don't believe me. Google the studies and see for yourself! Take 10-15 minutes and color these carefully crafted mandalas every 90 minutes. Then bask in the awesomeness that is your creative and productive self.

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