Brighter grammar book 1



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Coloring books for adults have become the latest trend, and unlike some fads, this one is actually really good for you. According to clinical psychologist Ben Michaelis, coloring has other indirect health benefits as well. Even if it didn't make us healthier, many of us would still probably be coloring as adults. It's true, of course, that the inherent fun of coloring might be linked to its de-stressing properties, but I think the activity's helpful qualities are really just an added bonus. At the end of the day, coloring is good for you because it's fundamentally fun. If you haven't yet found a way to legitimize the cost of adult coloring books and art supplies, this article is for you. Here you'll find all the benefits of coloring, both direct. Hopefully, these seven reasons will convince you to take up some colored pencils or crayons and get to work, so you can find out all about that pleasure for yourself.1. Psychiatrists Have Prescribed Coloring To Patients For 100 YearsThe famed psychologist Carl Jung was on to something when he started prescribing coloring to his psychiatry patients. He gave his clients mandalas to color, you'll be right in line with Jung's therapeutic model, because ...Adult Coloring Books, \$9, Amazon2. Coloring Gives You A Chance To Be SocialAs coloring books become an increasingly popular hobby for adults, this usually-solo activity has also turned into a social one. Coloring parties — in which adults gather to sip wine and socialize while coloring — have become a thing. Artist Lisa Congdon theorizes about the social aspects of coloring, saying, "I think for women who don't know how to draw or don't feel comfortable or confident drawing, this is another way to socialize and have an activity that they can do with other people ... and because you don't need to concentrate very much when you're coloring in a coloring book, you can talk and have glass of wine. "You can even use coloring events to bond with your co-workers. Instead of weekly happy hours, try organizing a coloring party instead. It's fun, stress-free, and there's very little chance that anyone will want to stab someone else with a colored pencil.3. Coloring Reduces Stress And AnxietyColoring allows the fear center of your brain to relax, thereby relaxing you — and not just while you are coloring. Giving your amygdala periodic rests actually reduces your stress overall. Coloring is a meditative, free-time activity you can schedule, making it perfect for retraining your amygdala to respond less harshly to stress. Trains Your Brain To FocusStaying inside the lines takes focus, but not so much that it's stressful. Clinical counselor Leslie Marshall notes that the activity "opens up the frontal lobe of the brain — the home of organizing and problem solving — and focuses the mind" by allowing colorers to forget their worries. Being able to live in the moment is a critical skill in our increasingly demanding world, and coloring trains you to put everything else aside for the hour you spend doing it.5. Coloring book. It doesn't matter what anyone else thinks of it. You don't have to show it to anyone else if you don't want to. No one has to know that you accidentally colored that cat's leg green because you thought it was part of the ground and that's why it's a black cat now, OK? If you want to see a blue duck, well, that's OK, too. This is your time, sweetums, so color however you want.6. communicate, and the activity itself improves your fine motor skills and vision. The "action involves both logic, by which we color forms, and creativity, when mixing and matching colors," psychologist Gloria Martínez Ayala says. In turn, this "incorporates the areas of the cerebral cortex involved in vision and fine motor skills." Coloring books, much like crossword puzzles, are therapeutic and may delay or prevent the onset of dementia in older individuals. 7. Coloring Is Free DecorationDIY is all the rage these days, but not everyone has time to make their own soaps and ceramics and candles. though, you can use it for all sorts of easy crafts, from wall decor to decoupage. So seriously, why aren't you coloring yet?Images: Lisa Congdon/Flickr; Giphy (8) ~ Scroll down to continue ~ Share Pin it Tweet Share Email I try, I really do, but even though I write every day I'm not exactly fluent when it comes to grammar and punctuation. Not many people are and it's nice the readers here help me out every now and then! Dumb Little Man recently found the great Online Writing Lab at Purdue University and has kindly categorized the tips to Improve your Grammar and Punctuation - [DumbLittleMan] The OWL At Purdue - [PurdueUniversity] Share Pin it Tweet Share Email In English grammar, a series is a list of three or more items (words, phrases, or clauses), usually arranged in parallel form. Also known as a list or catalog. The items in a series are usually separated by commas (or semicolons if the items themselves contain commas). See Serial Commas. In rhetoric, a series of three parallel items is called a tricolon. A series of four parallel items is a tetracolon (climax). EtymologyFrom the Latin, "to join" Pronunciation: SEER-eez Journalists, style guide authors, and others have provided advice about series—what they are, how to craft them, and what to avoid in creating them. "Although the four-part series is indicative of a human, emotional, subjective, involved attitude, each additional lengthening of the series and magnifies this attitude, each additional lengthening of the series increases and magnifies this attitude, each additional lengthening of the series increases and magnifies this attitude, each additional lengthening of the series increases and magnifies this attitude, each additional lengthening of the series increases and magnifies this attitude, each additional lengthening of the series increases and magnifies this attitude, each additional lengthening of the series increases and magnifies this attitude, each additional lengthening of the series increases and magnifies this attitude, each additional lengthening of the series increases and magnifies this attitude, each additional lengthening of the series increases and magnifies this attitude, each additional lengthening of the series increases and magnifies this attitude, each additional lengthening of the series increases and magnifies this attitude, each additional lengthening of the series increases and magnifies this attitude, each additional lengthening of the series increases and magnifies this attitude, each additional lengthening of the series increases and magnifies this attitude, each additional lengthening of the series increases and magnifies the series increase long series to indicate great involvement, great feeling, and a certain sense of humor about it all. The Public is mean, but so ornery that we almost have to laugh."(The New Strategy of Style. McGraw-Hill, 1978) - "Do not use etc. at the end of a list or series introduced by the phrase such as or for example--those phrases already indicate items of the same category that are not named."(The Business Writer's Handbook, Macmillan, 2003) - "In an unenumerated series, place the longest element last." "With their repetitions, their strong rhythmic gualities—lists are often the most musical section of a piece of prose, as though the writer suddenly broke into song."("Stuff: Some Random Thoughts on Lists." AWP Feb. 1998) Many writers, in popular periodicals and books, as well as characters in animated films and even a former U.S. president, have used series in their writings, dialogue, and speeches to great effect, as these excerpts show. "Twitter has become a playground for imbeciles, skeevy marketers, D-list celebrity half-wits, and pathetic attention seekers: Shaquille O'Neal, Kim Kardashian, Ryan Seacrest." ("Don't Tweet on Me." Newsweek, Sep. 28, 2009) "Tea is the steady companion of the Scottish day, and each hotel, no matter how humble, stocks its rooms with supplies for brew-ups: electric pot fo of teas, honey, fresh milk, and lemons." ("Afternoon Tea," The Georgia Review, Summer 1992) Donkey: I don't get it, Shrek. Why didn't you just pull some of that ogre stuff on him? You know, throttle him, lay siege to his fortress, grind his bones to make your bread? You know, the whole ogre trip. Shrek: Oh, I know. Maybe I could have decapitated an entire village, put their heads on a pike, gotten a knife, cut open their spleens and drunk their fluids. Does that sound good to you?Donkey: Uh, no, not really, my looks, my clothes, my parents, my friends, the way I eat, sleep, drink, walk, laugh, snore, tap my teeth and heartless things about me, my parents, my friends, the way I eat, sleep, drink, walk, laugh, snore, tap my teeth and heartless things about me, my parents, my friends, the way I eat, sleep, drink, walk, laugh, snore, tap my teeth and heartless things about me, my parents, my friends, the way I eat, sleep, drink, walk, laugh, snore, tap my teeth and heartless things about me, my parents, my friends, the way I eat, sleep, drink, walk, laugh, snore, tap my teeth and heartless things about me, my parents, my friends, the way I eat, sleep, drink, walk, laugh, snore, tap my teeth and heartless things about me, my parents, my friends, the way I eat, sleep, drink, walk, laugh, snore, tap my teeth and heartless things about me, my parents, my friends, the way I eat, sleep, drink, walk, laugh, snore, tap my teeth and heartless things about me, my parents, my friends, the way I eat, sleep, drink, walk, laugh, snore, tap my teeth and heartless things about me, my parents, my friends, the way I eat, sleep, drink, walk, laugh, snore, tap my teeth and heartless things about me, my parents, my friends, the way I eat, sleep, drink, walk, laugh, snore, tap my teeth and heartless things about me, my parents, my friends, the way I eat, sleep, drink, walk, laugh, snore, tap my teeth and heartless things about me, my parents, my crack my fingers, belch, fart, wipe my glasses, dance, wear my jeans up around my armpits, put HP sauce on my toast, refuse to watch The X Factor and Big Brother, drive . . . The litany went on and on and was interspersed with tears and sobs."(Adrian Mole: The Prostrate Years. Penguin, 2010) "Go on vacation with your siblings; you will be back in the treehouse of code words and competitions and all the rough rivalries of those we love but do not choose as family. I am more likely to read trashy books, eat sloppy food, go barefoot, listen to the Allman Brothers, nap and generally act like I'm 16 than I'd ever be in the dark days of February. Return to a childhood haunt, the campground, the carnival, and let the season serve as a measuring stick, like notches on the kitchen doorway: the last time you walked this path, swam this lake, you were in love for the first time or picking a major or looking for work and wondering what comes next." ("To the Time Machine!" Time, July 11, 2011) "The fictional model for the country gentry is the hardriding, heavy-drinking, red-faced, Hanoverian-damning, 'Pox!'-exclaiming, no-nonsense Squire Western in Fielding's Tom Jones." (The English: A Portrait of a People. Overlook, 2000) "Throughout [the movie] Sinister, the rooms remain darker than crypts, whether at breakfast or dinnertime, and the sound design causes everything in the house to moan and groan in consort with the hero's worrisome quest. I still can't decide what creaks the most: the floors, the doors, t with the idea that this was going to be a kind of English answer to Bad Ems or Baden-Baden-manicured parks, palm courts with orchestras, swank hotels where men in white gloves kept the brass gleaming, bosomy elderly ladies in mink coats walking those little dogs you ache to kick (not out of cruelty, you understand, but from a simple, honest desire to see how far you can make them fly)."(Notes From a Small Island. Doubleday, 1995) "Most of the public lands in the West, and especially in the Southwest, are what you might call 'cowburnt.' Almost anywhere and everywhere you go in the American West you find hordes of these ugly, clumsy, stupid, bawling, fly-covered, shitsmeared, disease-spreading brutes. They are a pest and a plague. They pollute our springs and streams and rivers. They infest our canyons, valleys, meadows, and forests. They graze off the native forbs and shrubs and cacti. They spread the exotic cheatgrass, the Russian thistle, and the crested wheat grass." ("Even the Bad Guys Wear White Hats." Harper's Magazine, January 1986) "I am no more lonely than a single mullein or dandelion in a pasture, or a bean leaf, or a horse-fly, or a horsethe south wind, or an April shower, or a January thaw, or the first spider in a new house." (Walden, 1854) "'Oh, look,' she said. She was a confirmed Oh-looker. I had noticed this at Cannes, where she had drawn my attention in this manner on various occasions to such diverse objects as a French actress, a Provençal filling station, the sunset over the Estorels, Michael Arlen, a man selling coloured spectacles, the deep velvet blue of the Mediterranean, and the late mayor of New York in a striped one-piece bathing suit." (Right Ho, Jeeves, 1934) "Let the word go forth from this time and place, to friend and foe alike, that the torch has been passed to a new generation of Americans—born in this century, tempered by war, disciplined by a hard and bitter peace, proud of our ancient heritage, and unwilling to witness or permit the slow undoing of those human rights to which this nation has always been committed, and to which we are committed today at home and around the world."Let every nation know, whether it wishes us well or ill, that we shall pay any price, bear any burden, meet any hardship, support any friend, oppose any foe, to assure the survival and there were stuffed with alfalfa sprouts and grated cheese, impaled with toothpicks with red, blue, and green cellophane ribbons on them, and there were two large, perfect, crunchy garlic pickles on the side. And a couple of cartons of strawberry Yoplait, two tubs of fruit salad with fresh whipped cream and little wooden spoons, and two large cardboard cups of aromatic, steaming, fresh black coffee." (Cold Snap, 1995) "While politely discussing with him my father's sudden journey to town, I registered simultaneously and with equal clarity not only his wilting flowers, his flowing tie and the blackheads on the fleshy volutes of his nostrils, but also the dull little voice of a cuckoo coming from afar, and the flash of a Queen of Spain settling on the road, and the remembered impression of the pictures (enlarged agricultural pests and bearded Russian writers) in the well-aerated classrooms of the village school which I had once or twice visited; and -to continue a tabulation that hardly does justice to the ethereal simplicity of the whole process—the throb of some utterly irrelevant recollection (a pedometer I had lost) was released from a neighboring brain cell, and the savor of the grass stalk I was chewing mingled with the cuckoo's note and the fritillary's takeoff, and all the while I was richly, serenely aware of my own manifold awareness." (Speak, Memory: An Autobiography Revisited. Random House, 1966) "The one with the assortment of smiles, the oneJailed in himself like a forest, the one who comesBack at evening drunk with despair and turnsInto the wrong night as though he owned it—oh smallDeaf disappearance in the dusk, in which of their shoesWill I find myself tomorrow?"("Sire." The Second Four Books of Poems. Copper Canyon Press, 1993)

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