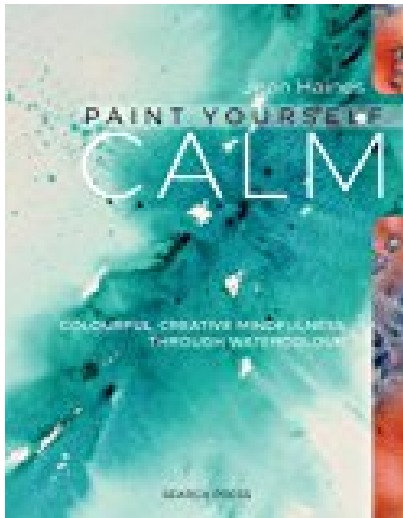


Jean Haines Paint Yourself Calm Colourful Creative Mindfulness Through Watercolour



BOOK DETAILS

- Author : Jean Haines
- Pages : 128 Pages
- Publisher : Search Press
- Language : English
- ISBN : 1782212825



BOOK SYNOPSIS

Meditative, peaceful and calming, watercolor painting offers a sense of control and self-worth to everyone, with no judgement or goal beyond the joy of painting itself. This book shows you how to calm and enhance your outlook through the movement of brush on paper. Master artist Jean Haines leads you on a journey through paint, showing you how to wipe away your worries with the soothing, gentle strokes of watercolor paint. Painting is something that you can do at any stage in your life. You can paint yourself calm. * Overcome anxiety, worry or doubt * Soothe yourself through painting to calming mindfulness * Take control in your life with watercolor paint

JEAN HAINES PAINT YOURSELF CALM COLOURFUL CREATIVE

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