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# Jean Haines' Paint Yourself Calm: Colourful, Creative Mindfulness Through Watercolour



## Synopsis

Meditative, peaceful and calming, watercolour 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 watercolour paint.

## Book Information

Paperback: 128 pages

Publisher: Search Press (July 8, 2016)

Language: English

ISBN-10: 1782212825

ISBN-13: 978-1782212829

Product Dimensions: 8.4 x 0.5 x 10.9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

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## Customer Reviews

I think it's important for people to know who the intended audience is for this book. I'm not familiar with Ms. Haines' other books, but from browsing them here on I'd say they are probably for those who already know something about painting in watercolor. Whether they're intended for beginners or not I don't know, but I personally wouldn't even bother buying one, because they all look too advanced and intimidating to me. However, I bought this book of hers because I have never in my entire life picked up a paintbrush and attempted to paint anything. But I've always enjoyed the look of watercolor paintings and wished I knew where to start. If you fall into that category, this may well be the book for you. Ms. Haines takes a gentle, no-fear approach approach to watercolor painting that is very refreshing. She says - and I happen to agree - that adults who want to paint are too preoccupied with results, with producing something worthy of framing, so when their efforts fall short, they want to give up. Worse, they don't enjoy themselves, so they stop before they've even started. Ms. Haines, on the other hand, has put forth the idea that just playing around with color on paper is its *own* result, and that whatever actually happens on the paper is secondary to your

personal enjoyment. Now, lots of art books I've read preach about "painting from the heart" and "not worrying about results," which is all well and good, but then they don't give you any place to start. Instead they showcase advanced work beginners could never dream of replicating, and they hawk a bunch of expensive supplies that you "need" to be an artist. Ms. Haines doesn't do that.

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