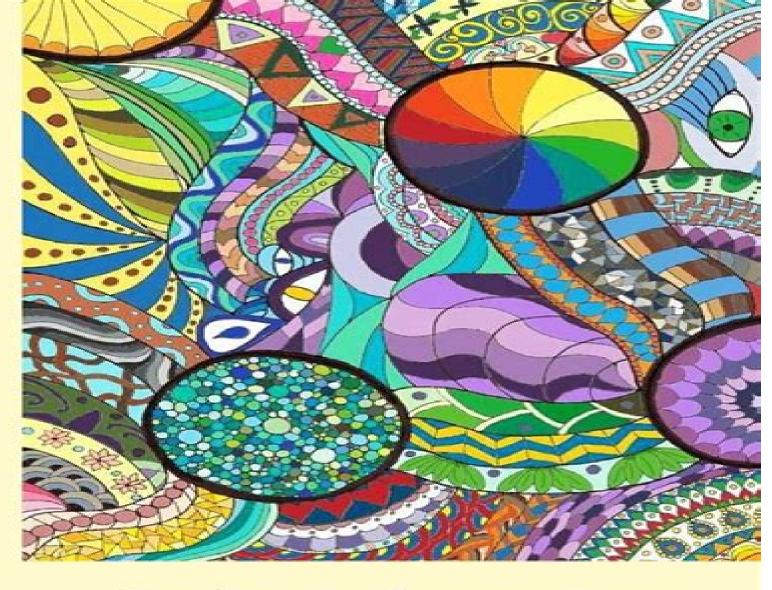
, THE CASUAL ARTIST

3

Sheryl Lee



THE ZEN OF CALMING YOUR MIND THROUGH COLOURING

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The Casual Artist Sheryl Lee, 2015-12-10 A touch of Zentangle a hint of Mandela a flash of Mosaic and a twist uniquely my own Each of my pictures is an original piece of art designed and hand drawn for your colouring pleasure Colouring is a fantastic tool for mindfulness a form of meditation that will slow your brain patterns calm your mind and centre your thoughts As you focus on my drawings you leave behind the stresses of everyday life In this book you will find a selection of drawings to colour ranging from complex to simpler Some have white spaces for you to add your own personal touch some include messages of positivity Each design is on a separate page so you can remove and frame any that you choose once you Colored Pencil for the Serious Beginner Bet Borgeson, 2015-12-01 This new addition to a have finished personalizing it sucessful series is a sophisticated primer for readers who aeriously want to develop a professional career specializing in an art medium with great commercial potential. The book opens with a review of the methods of unique to colored pencil its handling properties and breadth of color range Readers are shown how to create illusions of form volume and space and how to avoid overworking a picture by learning to see when it s finished Then the author shares her special techniques for the most popular genres still life and landscape and for nontraditional subjects as well She concludes with an insightful discussion on personal style and becoming a professional artist Mandala Color by Number Book Winning Tactics Sebastian Hale, Mandalas demand precision Work from outer rings to center Stick with color groups for easier pattern Southern Scribblings Allison Adams, 2015-04-29 Join in the adult coloring movement The Southern Scribblings matching grown up coloring book presents subjects and places from the South Grab your colored pencils or markers and learn a bit about the slower pace of life embracing the artistic kid that once lived inside Allison Adams creates hand rendered less intimidating color pages for you to explore without intimidation Imperfections are a part of life so let these raw drawings encourage you to jump in Share your creative moments on southernscribblings feeds or at artallie on Twitter The website provides a sneak peek at www southernscribblings com where you can get a taste of the creativity This book introduces you to coloring pages as well as goal setting exercises for your continued creative adventures as well as Journaling pages so you can implement the creative lifestyle Thanks Y all for trying it out Inner Journeying Through Art-Journaling Marianne Hieb, 2005-08-26 The book guides the reader through the process of creative journaling and presents the key elements of the technique Case studies and art journals of Marianne Hieb's own clients and retreat participants show the effectiveness of journaling as a therapeutic intervention and as a meditative tool Mindful Coloring Liam Sharma, AI, 2025-01-27 Mindful Coloring A Guide to Reducing Anxiety and Igniting Creativity reimagines coloring as a science backed tool for mental wellness blending art therapy with mindfulness to combat modern stress At its core the book explores how structured coloring engages the brain s focus and decision making centers reducing amygdala activity linked to fear while fostering emotional resilience Rooted in historical practices like Carl Jung s mandala therapy it bridges ancient mindfulness principles

with contemporary neuroscience showing how rhythmic coloring can lower anxiety by up to 30% compared to unstructured art a finding supported by clinical studies The book stands out by merging cognitive behavioral strategies with hands on creativity offering tailored techniques like choosing geometric patterns for concentration or nature scenes for calm Chapters progress from explaining mindfulness basics to actionable steps such as designing personalized coloring routines for workday stress relief or collaborative group sessions Unlike generic self help guides it integrates color psychology trauma processing methods from EMDR therapy and material tips e g pencil vs marker effects to suit novices and artists alike By framing coloring as intentional self care not just a trend the guide empowers readers to transform a simple hobby into a daily ritual for emotional balance backed by both MRI research and relatable anecdotes Paint by Number Coloring Game Play to Win Sebastian Hale, Paint by Number Coloring Game Play to Win is more than just relaxing it s about efficient progress and maximizing rewards Sebastian Hale shares how to use boosters unlock premium content and organize color flows to complete stunning art faster Discover techniques for stress free sessions pattern recognition and strategic coloring for leaderboard challenges A calming yet goal oriented guide for creative players seeking both satisfaction and high scores

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