

The book was found

# Paint Yourself Calm



## 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

File Size: 248581 KB

Print Length: 128 pages

Publisher: Search Press (May 6, 2016)

Publication Date: May 11, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01INC4G3S

Text-to-Speech: Not enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #85,734 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #10 inÂ Kindle Store > Kindle eBooks > Arts & Photography > Art > Painting #11 inÂ Kindle Store > Kindle eBooks > Crafts, Hobbies & Home > Crafts & Hobbies > Painting #53 inÂ Books > Arts & Photography > Painting > Watercolor

## 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.

[Download to continue reading...](#)

Jean Haines' Paint Yourself Calm: Colourful, Creative Mindfulness Through Watercolour Paint Yourself Calm Balance and Calm: Adult Coloring Book Art Therapy for Grownups (Adult Coloring Books, Balance Coloring Book, Calm Coloring Book) (Volume 1) Cross-Stitch to Calm: Stitch and De-Stress with 40 Simple Patterns (Craft To Calm) Crochet to Calm: Stitch and De-Stress with 18 Colorful Crochet Patterns (Craft To Calm) Rays of Calm: Relaxation for Teenagers (Calm for Kids) How to Spray Paint: Learn how to Spray Paint like a Pro Acrylic Painting: Learn How to Easily Paint Beginners Techniques with Acrylic Paint. Discover the Art of Acrylic Painting (Acrylic Painting, acrylic painting techniques, acrylic painting books) Learn to Paint in Acrylics with 50 Small Paintings: Pick up the skills \* Put on the paint \* Hang up your art Paint Red Hot Landscapes That Sell!: A Sure-Fire Way to Stop Boring and Start Selling Everything You Paint in Oils Acrylic: Landscapes: Learn to paint landscapes in acrylic step by step (How to Draw & Paint) 100 Ways to Paint Landscapes (How Did You Paint That?) (volume 1) Do It Yourself: 100+ Paint Projects (Better Homes and Gardens) (Better Homes and Gardens Home) Alfred's Teach Yourself to Play Mandolin: Everything You Need to Know to Start Playing Now! (Teach Yourself Series) Alfred's Teach Yourself to Play Mandolin: Everything You Need to Know to Start Playing Now!, Book, CD & DVD (Teach Yourself Series) Alfred's Teach Yourself to Play Harmonica: Everything You Need to Know to Start Playing Now!, Book & Harmonica (Teach Yourself Series) Amazing Leonardo da Vinci Inventions: You Can Build Yourself (Build It Yourself) Great Colonial America Projects: You Can Build Yourself (Build It Yourself) Great Ancient China Projects You Can Build Yourself (Build It Yourself) GREAT WORLD WAR II PROJECTS: YOU CAN BUILD YOURSELF (Build It Yourself)

[Dmca](#)