



Mindfulness & the Art of Drawing: A Creative Path to Awareness (Mindfulness Series)

Wendy Ann Greenhalgh

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Everyone can draw. And everyone can be mindful. *Mindfulness & the Art of Drawing* is an engaging and enlightening insight into why the everyday process of setting pencil to paper is a meditative act by its innate nature. An enjoyable and discursive text offers an absorbing read and is accompanied by exercises that offer the reader practical experience in drawing mindfully. A lively, surprising and inspirational creative journey.

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