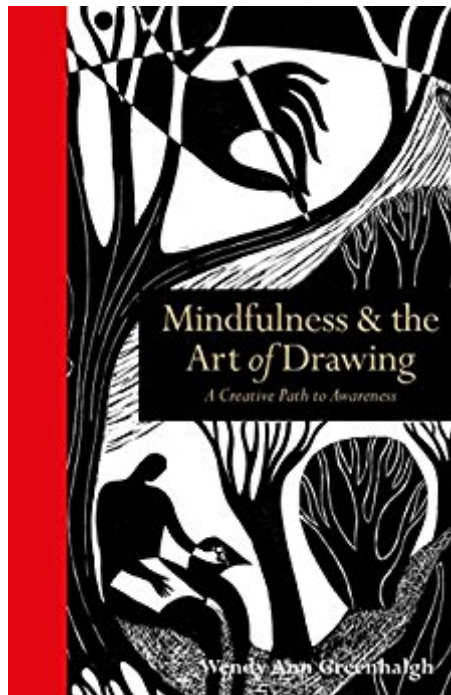




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Mindfulness & The Art Of Drawing: A Creative Path To Awareness



Synopsis

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.

Book Information

File Size: 1382 KB

Print Length: 146 pages

Page Numbers Source ISBN: 1782402837

Publisher: Ivy Press (October 12, 2015)

Publication Date: October 12, 2015

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B015CKNXD8

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #310,246 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #79

in Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Cities &

Architecture #270 in Kindle Store > Kindle eBooks > Arts & Photography > Graphic Design >

Drawing #489 in Books > Self-Help > Art Therapy & Relaxation

Customer Reviews

Art (including visual arts, music, drama and literature) is one of the crowning achievements of human endeavor. Drawing is, like the others, not easy to explain as a process. I am not sure when I put pencil, pen or brush to paper exactly how this process works, but it does. Wendy Ann Greenhalgh has used drawing as a meditation in this book and I cannot gainsay her on this. One has to be very mindful of details to produce an image and this is true even if the artist is producing an abstract design. Thus her "Mindfulness and the art of Drawing" is a very timely short book on the

process of art as a mindfulness practice. I recommend it without reservation to anyone who is interested in the process of art.

I really like the content but the print is too small

Good book!

I thought a long time about writing this before as i don't often give negative stars to books unless they are the worst of the worst. If the book were called "How to Draw: Verbal Exercises" it would get 3-4 stars. The book is filled with drawing exercises. They talk about breathing, pausing, being present. They also talk about looking at the world around you. The problem is that when I read most of the full exercises they often engage the critic. If you are a sentient being it is hard not to do so. I don't see this as an extension of zen or mindfulness practice -- if the Mindfulness practice is stemming from zen practitioners and not psychologists. Of course, making marks is a meditative practice for some. But as squirrels are animals, though animals are not squirrels, I am very sorry that so many have jumped on the bandwagon of writing books about zen practice in this or that as if... It is trendy, and perhaps the author has a good practice, but this book doesn't teach either well. Even the applications about making the critic disappear having nothing whatsoever to do with zen or mindfulness, but psychology. Gads, she advises stopping when the critic speaks... sorry, but for most creatives they'd have to put down the pen and go get coffee there would be so many pauses.. (A few pages later I finally gave up on the book.) I think, if you want to read a book about being present for drawing, read books by those that talk about drawing drawing drawing THROUGH whatever. Drawing and learning to draw is messy business and you just have to practice.... making messes of it! When monkeymind gets you on the zafu during sit meditation or during walking meditation, you keep sitting, keep walking, keep breathing. Books I'd recommend that show the connection between drawing and meditation are by Frederick Franck. Zen books -- well there are many. A kick-a** sketching book is the one by Kimon Nicolaidis, and when you buy that then you will see where many others get their drawing exercises.... the master. Keep you busy for a lifetime. Some of the best books to get you out sketching (and also help with being present for your mark-making which is zen without calling it that) are by Danny Gregory or Francis Belleville-Stone or Marc Taro Holmes or Felix Scheinberger. No pictures, really, which is odd for a drawing book, but okay. Usually authors who teach drawing want to show a few sketches....

This a nice little book with a lot of exercises and insight. I don't care for some of the prompts; like drawing in pairs, but you don't have to do everything. Good advice on shutting down the inner critic and experiencing the moment. This is something you can refer to over and over when you need to shut out the outside world and just create art. Also, this is printed on very good quality paper, which is a plus.

Kindle review Illustrations do not appear in the Kindle version. I returned it for a refund and look forward to the beautifully illustrated hardback.

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