



Watercolor for the Soul

Simple painting projects for beginners, to calm, soothe and inspire

Sharone Stevens

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Key Selling Points

- A unique approach to watercolour painting as a relaxation technique, while creating beautiful and calming paintings
- Simple exercises and projects for absolute beginners to get started in watercolours
- A visual treat with beautiful artwork from a popular watercolour artist and teacher.

Description

Learn how to use watercolour to soothe your soul with this beginner's guide to painting for relaxation.

In this guide for the absolute beginner, artist and teacher Sharone Stevens shows you that watercolour can be accessible to everyone and that just painting very simple lines, patterns and shapes in calming colours, concentrating on each brush stroke, can have a powerful meditative effect, while at the same time allowing you to create beautiful art you can be proud of. Projects range from simple gift tags, bookmarks, cards and small wall pieces to larger art pieces that you never thought possible.

Sharone's gentle lessons and nurturing reassurance will guide you through the process of making soothing, soulful modern watercolour art.

About the Author

Sharone Stevens is a watercolour artist, illustrator and modern calligrapher for whom art is not just a career but a therapeutic process. She is passionate about encouraging and inspiring others to have a regular creative practice that provides them with a way to relax and feel joy. She started her art business in 2018, teaching watercolour online on Skillshare. She now has 17 watercolour classes on the platform and became a Skillshare Top Teacher in 2019. She is an Ambassador to Princeton Artist Brush Company, one of the largest brush suppliers in North America. Follow her on Instagram @sharonestevensdesign

Example spreads from the book

