

Paint Yourself Calm

Using Watercolour to Discover Your Creative Self

Jean Haines

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Main Description

Life has a way of throwing unexpected obstacles in our path. Your personal anxieties can build up and seem overwhelming. Help is at hand. Master artist Jean Haines leads you on a journey through paint, showing how you can wipe away your worries with the soothing and gentle movement of watercolour on paper.

Meditative, peaceful and calming, watercolour painting offers relief and solace to everyone, with no judgement or goal beyond itself. This book shows you the many ways painting can calm your life, and empower you so you have control over stress or boredom.

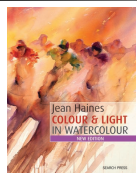
Key Selling Points

- * Overcome anxiety, worry or doubt
- * Soothe yourself through painting to calming mindfulness
- * Take control in your life with watercolour paint

Author

A member of the Society for Women Artists (SWA), international watercolourist Jean Haines is well-known for her love of her chosen medium. Having lived and travelled in many countries, this popular artist has had the opportunity to develop her skills whilst under the influence of masters from many countries, including Asia, the Middle East and Europe. She studied brush control while living in China and this had the greatest impact on her style. Later, when working with artists from India and Pakistan, she became inspired by the vibrant colours they used. The combination of East meets West in Jean's style is to be enjoyed.

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Jean Haines Colour & Light in Watercolour

Jean Haines

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Jean Haines' World of Watercolour

Jean Haines

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Jean Haines' Atmospheric Watercolours

Jean Haines

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