

Draw Yourself Calm

Draw slow to stress less

Amy Maricle

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Key Selling Points

- Discover 'slow drawing', a unique approach to art and meditation that taps into the immensely popular wellness and journalling genre
- The small drawings allow readers to enjoy the benefits of slow drawing even if they are short on time, and require no more than a pen and paper to get started
- The author, Amy Maricle, is a well-known artist and art therapist, whose work has been featured in numerous publications.

Description

***Draw Yourself Calm* welcomes readers into the mindful practice of slow drawing with 25 beautiful patterns inspired by nature. A practical and effective book for increasing creativity while reducing stress.**

With all the stimulation and stress of daily life, we each need to find ways of slowing down. Drawing simple, repetitive shapes relaxes the brain: attention flows away from sources of stress and centres on the act of putting pen to paper.

The book is organized into three sections. The introduction covers slow drawing and mindfulness, and how to weave slow drawing into everyday life. Chapter 1 dives into slow drawing warm-ups and exercises aimed at helping readers notice what they see, feel, and hear while they draw. Chapter 2 takes the reader through 25 elegant and inspiring patterns of all kinds. These patterns can be approached in any order, and readers can choose how best to fit slow drawing into their lives, whether through daily or weekly drawing.

Amy Maricle offers a playful, no-right-or-wrong approach that empowers readers to slow draw in a way that is creative, but not pressure-filled. This book offers a space for readers to nurture themselves creatively and spiritually by providing all the tools and inspiration needed to develop a slow drawing practice.

About the Author

Amy Maricle is based in Massachusetts, US, and is an artist and trained art therapist with a certification in Traumatic Stress Studies and Sensory Motor Arousal Regulation Treatment. She teaches people the art of slowing down to create playful, meaningful art. Amy blogs and teaches classes online and her writing and art have been featured in *The New York Times*, *The Washington Post*, *Psych Central*, *Art Journalling* magazine, *Brush* magazine and *Spirituality & Health Online*. Visit her website, www.mindfulartstudio.com

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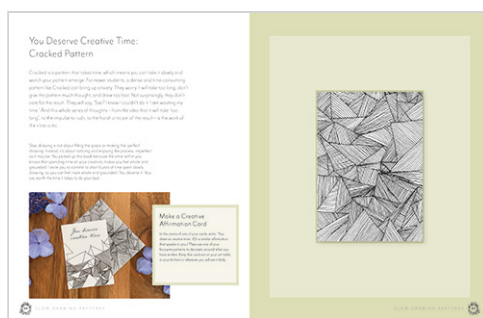
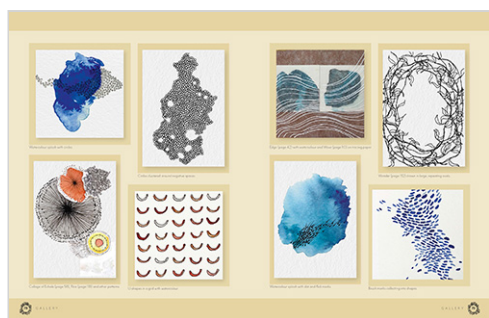
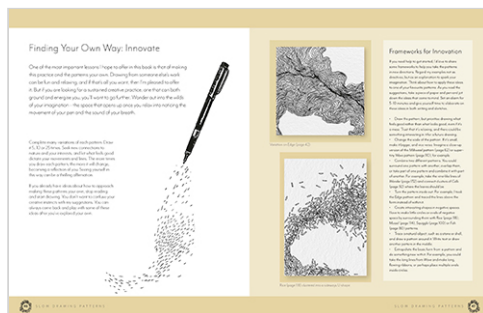
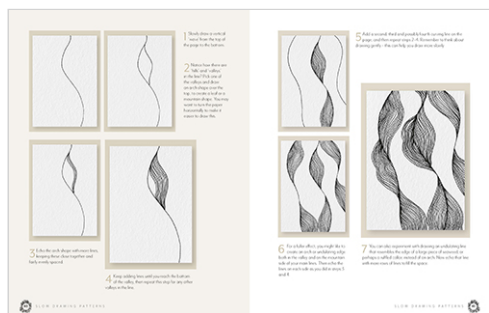
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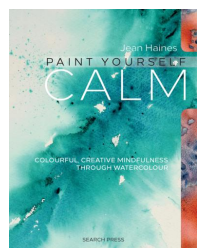
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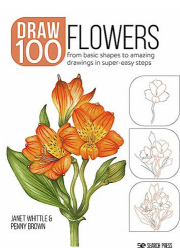
Example spreads from the book



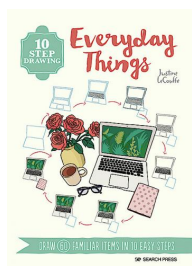
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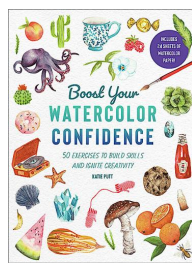
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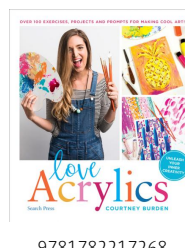
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