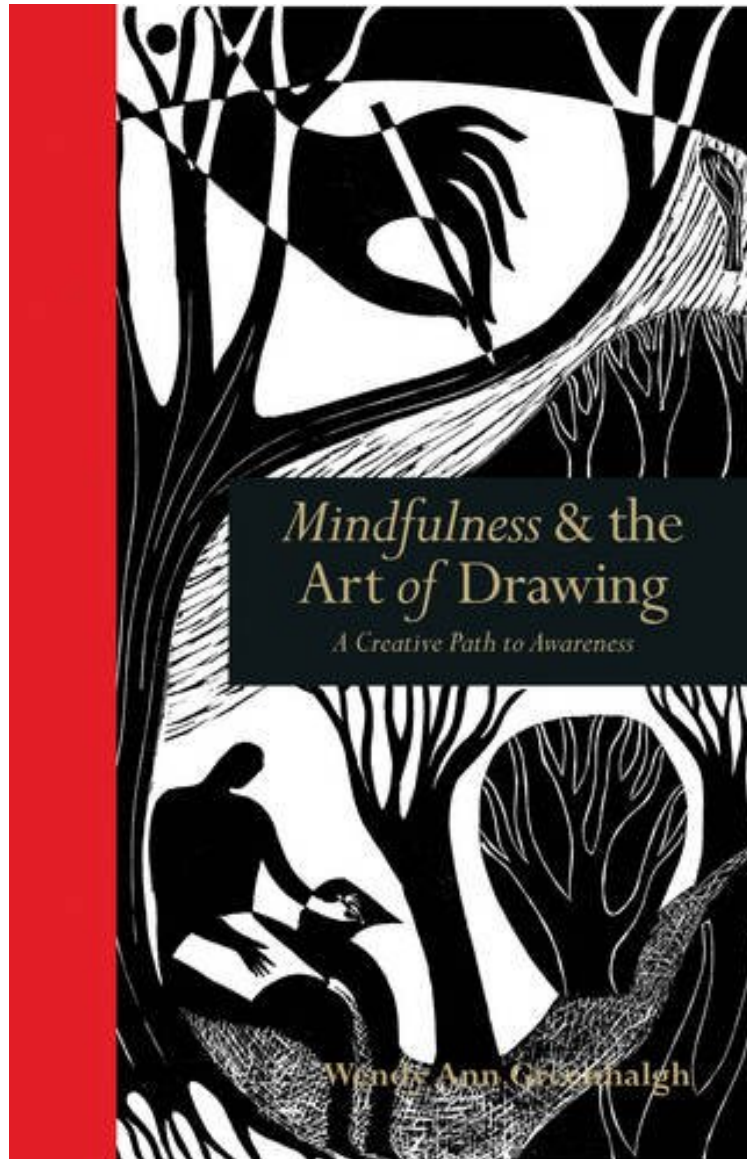


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## Mindfulness the Art of Drawing: A Creative Path to Awareness

Wendy Ann Greenhalgh

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**Wendy Ann Greenhalgh : Mindfulness the Art of Drawing: A Creative Path to Awareness** before purchasing it in order to gage whether or not it would be worth my time, and all praised Mindfulness the Art of Drawing: A Creative Path to Awareness:

4 of 5 people found the following review helpful. Drawing as Zen PracticeBy David B RichmanArt (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. 2 of 2 people found the following review helpful. Four Stars By Joanna I really like the content but the print is too small 10 of 0 people found the following review helpful. Five Stars By Linn Good book!

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.

About the Author Wendy Ann Greenhalgh is a writer, artist and teacher of creative mindfulness. She runs mindfulness workshops, courses and retreats, supporting others as they get creative, explore language, write, draw, take photographs and meditate. She has practiced mindfulness in her everyday and creative life for 20 years.