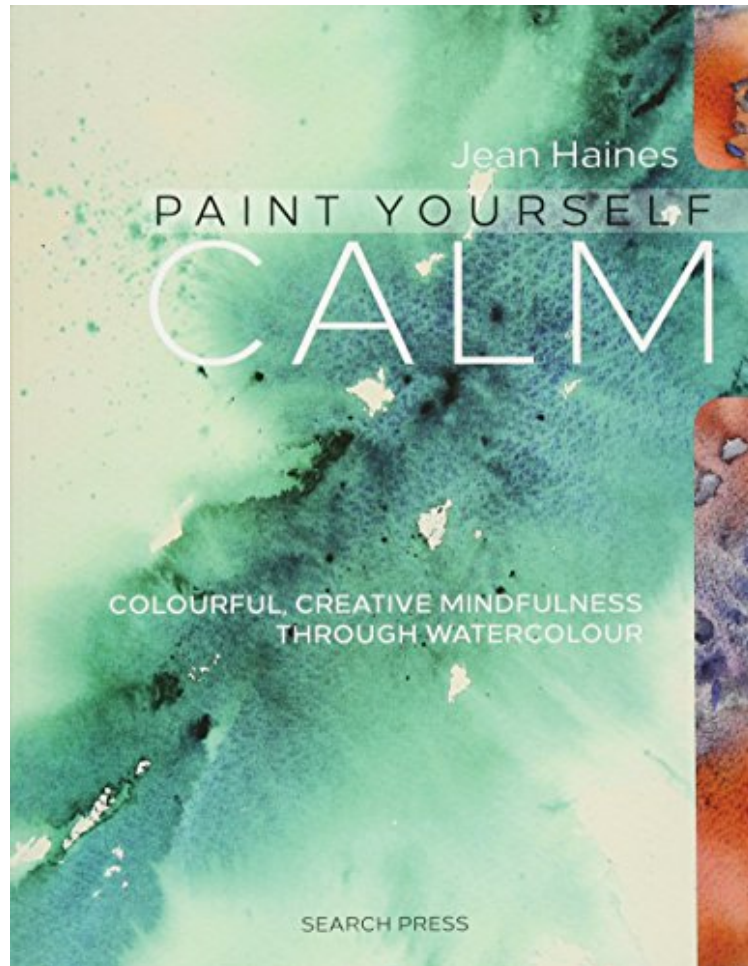


[Pdf free] Jean Haines' Paint Yourself Calm: Colourful, Creative Mindfulness Through Watercolour

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Jean Haines

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#17633 in Books Search Press 2016-07-08 Original language: English PDF # 1 10.90 x .50 x 8.40l, #File Name: 1782212825128 pages Jean Haines Paint Yourself Calm Colourful Creative Mindfulness Through Watercolour | File size: 42.Mb

Jean Haines : Jean Haines' Paint Yourself Calm: Colourful, Creative Mindfulness Through Watercolour before purchasing it in order to gauge whether or not it would be worth my time, and all praised Jean Haines' Paint Yourself Calm: Colourful, Creative Mindfulness Through Watercolour:

167 of 173 people found the following review helpful. Relax. It's only painting. By KPI think it's important for people to know who the intended audience is for this book. I'm not familiar with Ms. Haines' other books, but from browsing them here on I'd say they are probably for those who already know something about painting in watercolor. Whether they're intended for beginners or not I don't know, but I personally wouldn't even bother buying one, because they all look too advanced and intimidating to me. However, I bought this book of hers because I have never in my entire life

picked up a paintbrush and attempted to paint anything. But I've always enjoyed the look of watercolor paintings and wished I knew where to start. If you fall into that category, this may well be the book for you. Ms. Haines takes a gentle, no-fear approach to watercolor painting that is very refreshing. She says - and I happen to agree - that adults who want to paint are too preoccupied with results, with producing something worthy of framing, so when their efforts fall short, they want to give up. Worse, they don't enjoy themselves, so they stop before they've even started. Ms. Haines, on the other hand, has put forth the idea that just playing around with color on paper is its *own* result, and that whatever actually happens on the paper is secondary to your personal enjoyment. Now, lots of art books I've read preach about "painting from the heart" and "not worrying about results," which is all well and good, but then they don't give you any place to start. Instead they showcase advanced work beginners could never dream of replicating, and they hawk a bunch of expensive supplies that you "need" to be an artist. Ms. Haines doesn't do that. All you need to do the projects in this book are a few tubes of paint, two brushes, paper, and water. That's it. What's more, she shows you through very basic, non-threatening demos how much fun it can be simply to move a brush loaded with pigment across a white page, and that doing so can calm you, be enjoyable, and also be secondary to the finished piece, as mentioned. She shows you how to paint basic abstract landscapes and flowers, which may not be everyone's proverbial cup-of-tea, but just so happens to be exactly what I wanted. And that's it. That's the book. It's true, she does talk about getting into the right frame of mind to paint, about how certain colors can affect mood, but the main thread running through the entire book is this: *anyone* can enjoy painting. I can't stress enough how refreshing it is to read a book that encourages you primarily to enjoy the *process,* something I've always believed in but never knew how to do until this book came along. However, if you already know how to paint - if you're experienced enough that you have the basics down and are looking for more advanced instruction - then you won't find anything new here. She does mention that advanced artists can gain benefit from this book by using it to remember how much fun it is simply to play, and I think there is some merit in that claim. But it does appear that this book is unlike her others, in that it's primarily aimed at those who want to paint but who are scared to try, and especially those who have never painted before. Again, if you fall into those categories, then you couldn't ask for a better start than what's offered here in *Paint Yourself Calm*. One other thing: the exercises in this book will only work with watercolors. But even if your ultimate goal is to paint in oils or acrylics, this is a good book to have on your shelf because it just might teach you to enjoy painting *first.* Then, if you want something more result-oriented, there are a ton of other books out there that can do that. But learning to enjoy yourself may be the biggest hurdle you need to overcome to one day learning how to paint like a pro, and if that's you, then I think you've come to the right book.

100 of 106 people found the following review helpful. For those who want to relax and get away from performance

By Chris F If you like the look of loose watercolor paintings but find it hard to loosen up or fearful to even start painting Jean Haines is for you. If you are in need of finding a way to meditate but cannot just "sit" this is also the book. "Paint Yourself Calm" looks in many ways like her other books--full of juicy flowing colors. But rather than an instructional book it is more about how to interact with the act of painting. She does give some basic exercises but they are designed to get you into the act of experimenting and simple enjoyment rather than creating a finished product. In some ways it acts as a self help book. I am not a professional painter. In fact I just started. But I keep at it because it does help me use a very different part of the brain and let go of my stressful world for awhile. Jean gives workplace professional people like me "permission" to just play with watercolor and let go of performance. Following her direction and thinking (I found I actually needed to sit and read awhile to get the full benefit of the book) one is able to let go of the fear of the blank page and get into a relaxing world for awhile--kind of a contemplative place for those of us that don't know how to sit still for long. And in doing it I find I am quickly developing my own style and actually painting better--stressing less over painting and in my life in general.

48 of 48 people found the following review helpful. Every artist should buy this book!

By Alanna This is exactly the book I needed right now. The exercises are easy and give me the freedom to "play" instead of "produce". I plan to explore more of Jean Haines' books.

Meditative, peaceful and calming, watercolour painting offers a sense of control and self-worth to everyone, with no judgement or goal beyond the joy of painting itself. This book shows you how to calm and enhance your outlook through the movement of brush on paper. Master artist Jean Haines leads you on a journey through paint, showing you how to wipe away your worries with the soothing, gentle strokes of watercolour paint.