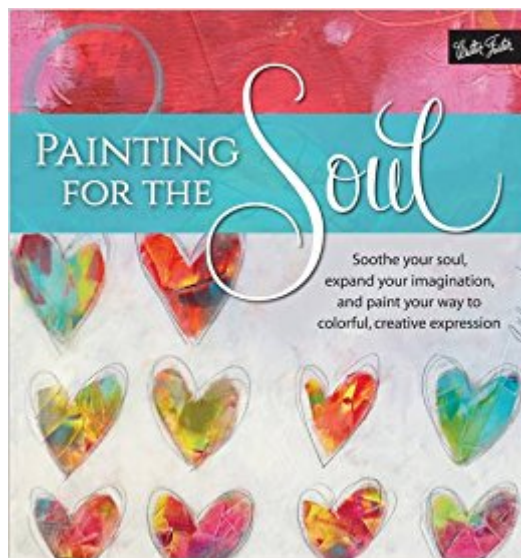


The book was found

Painting For The Soul: Soothe Your Soul, Expand Your Imagination, And Paint Your Way To Colorful, Creative Expression



Synopsis

Melt away stress and tap into your creative side. Melt away stress with the colorful, soul-soothing selection of projects in *Painting for the Soul*. Designed especially for those seeking a creative outlet that requires minimal tools and time, *Painting for the Soul* encourages personal expression through inspirational painting projects, inviting artists to embark on a therapeutic journey by tapping into their creative side. Using acrylic painting, this book takes artists through a series of prompts, exercises, and projects, inviting them to explore new depths of creative freedom and expression through pretty patterns and designs, flowers, uplifting phrases, and scenes. A basic introduction to tools and materials leads into a variety of step-by-step projects and painting techniques designed to make acrylic painting fun and relaxing.

Book Information

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Photography > Painting > Acrylics #606 in Books > Self-Help > Art Therapy & Relaxation #3349

in Books > Health, Fitness & Dieting > Alternative Medicine > Meditation

Customer Reviews

Isabelle Zacher-Finet has been living in Berlin since 2002 as a freelance artist and lecturer in painting. The works produced by this married mother of three have been featured in numerous exhibitions both in Germany and around the world. Through her seminars, workshops, publications, and YouTube channel, she has acquired a major national and international reputation.

There are 18 delightful examples of her work, each one presented in step by step format, with very detailed instruction, but there's also a personal narration that lets you follow her thought process and decide for yourself to keep following her or to start branching off on your own version of the project. My immediate favorites were Dreamy Summer Garden: It was easy to take inspiration from

her lovely. loose first-step painting of red flowers and green stems, then go my own way. Second favorite: the abstract house - a completely different take on ink drawing w/paint for me. I've always done the ink drawing first, then add the color. She starts with a composition of painted blocks of color, then inks a picture from what her imagination sees in the colors and composition. It made me reconsider a few things I've been working on! It's a happy and fun book by a serious but not stodgy artist.

Love the premise of this book. I've skipped around and have enjoyed everything that I've read.

What not to love.

meh

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