

The book was found

# Jean Haines' Paint Yourself Calm: Colourful, Creative Mindfulness Through Watercolour



## Synopsis

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.

## Book Information

Paperback: 128 pages

Publisher: Search Press (July 8, 2016)

Language: English

ISBN-10: 1782212825

ISBN-13: 978-1782212829

Product Dimensions: 8.4 x 0.5 x 10.9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (19 customer reviews)

Best Sellers Rank: #20,136 in Books (See Top 100 in Books) #8 in [Books > Arts & Photography > Painting > Watercolor](#) #34 in [Books > Self-Help > Art Therapy & Relaxation](#) #109 in [Books > Self-Help > Stress Management](#)

## Customer Reviews

I 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 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.

[Download to continue reading...](#)

Jean Haines' Paint Yourself Calm: Colourful, Creative Mindfulness Through Watercolour  
Jean Haines' World of Watercolour  
Jean Haines Colour & Light in Watercolour: New Edition  
Jean Haines' Atmospheric Watercolours: Painting with Freedom, Expression and Style  
The Mindfulness Coloring Engagement Calendar 2017: Color Your Way to Calm Week by Week (The Mindfulness Coloring Series)  
Creative Animals Coloring Book: The Mindfulness Animal Coloring Book for Adults (Mindfulness Coloring Book, Art Therapy Coloring Book) (Volume 1)  
Paint Yourself Calm Jean-Paul HÃ©bert Was There/Jean-Paul HÃ©bert Etait LÃ© (English and French Edition)  
Air Fry Everything: Foolproof Recipes for Fried Favorites and Easy Fresh Ideas by Blue Jean Chef, Meredith Laurence (The Blue Jean Chef)  
Fast Favorites Under Pressure: 4-Quart Pressure Cooker recipes and tips for fast and easy meals by Blue Jean Chef, Meredith Laurence (The Blue Jean Chef)  
Absolutely Beautiful Things: Decorating inspiration for a bright and colourful life  
Mosaics: 20 stunning step-by-step projects for the home and garden, shown in 150 clear and colourful photographs  
Watercolour Trees & Woodlands (Ready to Paint)  
Balance and Calm: Adult Coloring Book  
Art Therapy for Grownups (Adult Coloring Books, Balance Coloring Book, Calm Coloring Book) (Volume 1)  
Cross-Stitch to Calm: Stitch and De-Stress with 40 Simple Patterns (Craft To Calm)  
Crochet to Calm: Stitch and De-Stress with 18 Colorful Crochet Patterns (Craft To Calm)  
Rays of Calm: Relaxation for Teenagers (Calm for Kids)  
Creative Fancy Cats Coloring Book: Cats Adult Coloring Book for Mindfulness and Relaxation (Adult Coloring Book Animals, Creative Cats, Adult Coloring Book Cats) (Volume 1)  
Mindfulness & Calm: Adventures in Ink & Imagination 2017 (Art Calendar)  
The Mindfulness Coloring Book: Anti-Stress Art Therapy for Busy People (The Mindfulness Coloring Series)

[Dmca](#)