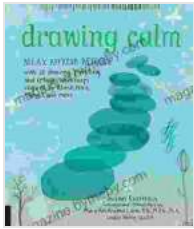


Relax, Refresh, Refocus: With 20 Drawing, Painting, and Collage Workshops Inspired



Drawing Calm: Relax, refresh, refocus with 20 drawing, painting, and collage workshops inspired by Klimt, Klee, Monet, and more by Susan Evenson

★★★★☆ 4.3 out of 5

Language : English
File size : 26870 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 144 pages



In today's fast-paced world, it's more important than ever to find ways to relax, refresh, and refocus. One great way to do this is through art.

Art has been shown to have a number of benefits for our mental and emotional health. It can help us to reduce stress, improve our mood, and boost our creativity. It can also help us to connect with our inner selves and find our purpose in life.

If you're looking for a way to relax, refresh, and refocus, then this book is for you. *Relax, Refresh, Refocus* is a comprehensive guide to mindfulness through art. With step-by-step instructions and beautiful illustrations, this book will help you find your creative flow and de-stress through the power of art.

This book includes 20 different drawing, painting, and collage workshops, each designed to help you relax and refocus. The workshops are suitable for all levels of experience, so whether you're a beginner or a seasoned artist, you'll find something to enjoy.

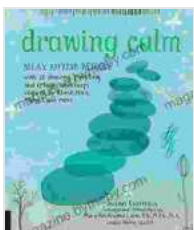
Here are some of the benefits you'll experience from using this book:

- Reduced stress
- Improved mood
- Boosted creativity
- Increased self-awareness
- Greater sense of purpose

If you're ready to relax, refresh, and refocus, then Free Download your copy of *Relax, Refresh, Refocus* today.

Free Download your copy today!

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