

## *Paint From the Heart* *A Step-by-Step Guide to Communicating Without Words*

### WELCOME TO *PAINT FROM THE HEART*

All too often we hear people say, “I can’t paint, I am not a good artist.” Nothing could be further from the truth!

We are innately creative beings. Unfortunately, the hustle and bustle of our daily lives, illnesses, life changes, and challenges often affect our physical, mental, and emotional state, suppressing our creative spark. So much so, that it is difficult to express using words.

*Paint From the Heart* is a step-by-step guide to communicating without words, using colour, paint, and shapes to tell your story—allowing you to move away from a place of self-criticism to a heart-centered creative space.

Studies have shown that painting can help calm and support individuals in coping with anxiety and worry, anger management, grief, Alzheimer’s and dementia, low self-esteem, and special needs such as ADD, ADHD, Asperger’s, and Autism.

While this book encourages intuitive painting, the basic techniques covered will assist any individuals who are not confident with painting to take the leap.

The paintings in this book are the author’s creations, samples of which are possible using these simple instructional techniques that follow. You can also check out the alphabetical list of her paintings in the back of the book, featuring the different mediums used on each. Most importantly, it’s the author’s intent that you use these as inspiration to craft your own. Alter and make the paintings yours by using different colours, backgrounds, and shapes to create a unique work of art.

