





# Paint Yourself Calm

by Jean Haines

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 Contents

### TAKING A LEAP 10

Anyone can paint 12

Why you should paint 16

Mood changing 22

What we need 28

### COLOUR FLOW 32

Simple landscapes 34

Simple colour flow exercises 38

Facing obstacles 44

Nature's calming influence 54

Calming thoughts 60

### THE PEACEFUL ZONE 64

What is the peaceful zone? 66

Lifting the mood 70

Finding energy and strength 74

Sands of time 82

Colour from the sun 88

Healing herbs 94

Nothing but blue skies 100

Healing lavender 104

Well-being 110

### INNER PEACE 116

That peaceful feeling 118

Life experiences 120

A positive attitude 124

Index 128

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