

365 Days of FeelGood Art For SelfCare and Joy Every Day of the Year by Lorna Scobie

365 Days of Feel-Good Art: For Self-Care and Joy, Every Day of the Year

By: Lorna Scobie

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In 365 Days of Feel-good Art , Lorna Scobie explores art-based tasks which will help to boost your overall confidence, wellbeing and happiness. Full of tips that will encourage you to nurture your creativity, 365 Days of Feel-good Art teaches readers of all artistic levels how to tackle creative tasks, even if they are unsure of where to start. With breakout 'Expand' exercises, readers will be able to immerse themselves in more involved activities such as making cards for loved ones, or keeping a gratitude diary. And for those looking for a swift creative challenge there will be quick-hit happiness activities throughout the book that can be slotted into any busy day. Journal pages encourage readers to record their thoughts and reflect on their creative journey, wherever they may be on it. The accessible format of the book allows readers to work their way through the activities in any order that they would like, making it perfect for anyone who is looking for creative inspiration that isn't too involved and doesn't require any specialist equipment.

tags:


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