



# Mindfulness & the Art of Drawing: A Creative Path to Awareness

By Wendy Ann Greenhalgh

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Everyone can draw. And everyone can be mindful. *Mindfulness & the Art of Drawing* is an engaging and enlightening insight into why the everyday process of setting pencil to paper is a meditative act by its innate nature. An enjoyable and discursive text offers an absorbing read and is accompanied by exercises that offer the reader practical experience in drawing mindfully. A lively, surprising and inspirational creative journey.

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### **Editorial Review**

#### **About the Author**

Wendy Ann Greenhalgh is a writer, artist and teacher of creative mindfulness. She runs mindfulness workshops, courses and retreats, supporting others as they get creative, explore language, write, draw, take photographs and meditate. She has practiced mindfulness in her everyday and creative life for 20 years.

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