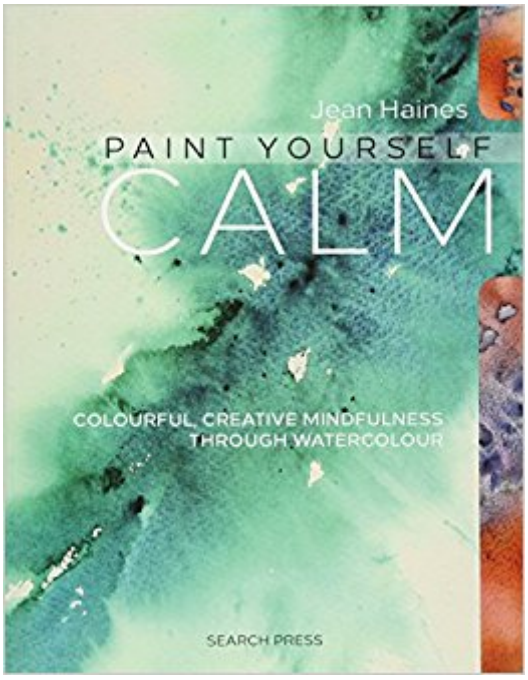
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Jean Haines' Paint Yourself Calm: Colourful, Creative Mindfulness Through Watercolour



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Synopsis

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 Information

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Customer Reviews

Longtime watercolor art instructor and painting how-to author Haines (Jean Haines' World of Watercolour) tries something a bit different in her latest title. Starting from the premise that everyone can paint, Haines frees readers of the goals and expectations of end results, and encourages simply enjoyment of painting. Open-ended, detailed exercises guide readers through experimenting with paint to gain a sense of control; to relieve stress; to escape; or to be in a better mood. The emotional and psychological properties of color are discussed as are obstacles to creativity and happiness. VERDICT Open-minded readers of all ages and skill levels can benefit from the unique blend of self-care and expression offered here. Library Journal September 2016 This is a really beautiful book about learning to paint, but with a real difference. Jean takes you on her own personal journey, revealing how her career has brought her to a magical realisation: that painting is therapeutic and calming for the soul. This book shows you how you can calm and enhance your outlook thorugh the movement of a brush. Jean leads you page-by-page on a journey through paint,

showing you how to wip away your worries with the soothing gentle strokes of watercolour paint. She says ’Painting is something that you can do at any stage in your life... and no painting experience is necessary Love to Make Anyone can escape a stressful life and find inner peace, simply by playing with colors. These words of introduction by the artist Jean Haines describe aptly the content of her latest book. This time it is not the teachings of her fascinating watercolour technique in the foreground, but the process of painting itself. Many people believe they cannot meet the high demands of painting because they consider themselves untalented. But Jean Haines believes we do not paint to please others, but we should paint to relieve stress and find peace. In addition to her expressive watercolors we find meditative texts that reflect the personal attitude of the artist to the creative process in aptly. It is therefore worth the thorough reading before the first drawing exercises. The lessons build progressively on each other. We learn the ink flow to control and observe the interaction of two colors. Each chapter impressed by one hand, color-rich, on the other hand also by delicate screens. The accompanying texts are easy to understand and fun and with the heart and soul of the painter incorporated. Now the most impressive chapters of the book follow: The calming effect of nature. Each section covers a different color. From experience we know that red, orange, yellow, green, blue, indigo and violet evoke certain moods in us. Jean Haines explains the effect of each color on the viewer. It shows step by step - instructions the watercolors of large-sized flowers, delicate grasses, feathery painted plants and the creation of sky blue. With this acquired knowledge we can apply this to a delicate landscape. In the final pages, the artist note summarizes the positive effect of painting on the inner peace of mind. Conclusion: The therapeutic effect of relaxing learning is generally known and is practiced in many rehabilitation facilities. Jean Haines shows us that every person can find by simple drawing exercises an oasis of calm, allay fears and worries can forget. Without having the coercive attend a painting class, succeed with simple exercises in a very short time stunning images. For advanced watercolor artist, this book is recommended as we can free ourselves from the pressure of expectations of a perfect view through the learning of a loose brushwork. Originally publishing in german: http://kreativreview.blogspot.co.uk/2016/08/paint-yourself-calm-von-jean-haines.html Kreative Review Summer 2016, Issue 2 There are many of us who just don’t do art, for whatever reason. The beauty of this book is that it coaxes us into painting for therapeutic purposes and takes away the pressure and takes away the pressue of any self judgement for what we create. I can’t recommend this book highly enough. It is large format and rich in stunning illustration (of course). The author was a painter first, then she became a painting teacher and now she is teaching calm through painting. When you become fully absorbed in an activity - and painting is a supreme example of this

- your mind becomes much quieter. Cygnus Review This book should appeal to both the beginner who would like to paint but doesn't know where to begin and the 'improver' like myself. I found painting relaxing and exciting when I started some years ago but now tend to get bogged down in the complexities of techniques and different media. This book takes you back to colour and 'playing'. Not trying to create anything for exhibition or sale but just enjoying painting. Jean has suggested just the basic materials required and that is ample to get started. The book is very readable and would make an excellent gift. beautifully illustrated. The text contains descriptions and simple exercises with the emphasis on easy methods and keeping yourself relaxed and calm. I particularly liked the sections on herbs at the end as I felt it introduced a sense of reality with looking at and painting an object. The fragrance of herbs around is well known for providing a calming atmosphere. This would make an excellent gift for any painter. Dorothy Barton This is a visually stunning book. My first thought when I opened my parcel was of the impact of it's gorgeous colour. Inside the beautiful watercolour painting continues. Jean Haines strives to make her reader comfortable with the concept of simply 'playing with colour' and the wonderful examples of abstract painting which fill the beginning of the book help with that - they look so playful and not at all intimidating. While I understand Haines' need to make her reader comfortable, I do find the intro pages a little repetitive - really trying to drive the point home that anyone can pick up a brush, it could be a fantastic experience, etc. I do love her concept of 'playing with colour', though, it takes a step back from 'Art' with a capital 'A' and introduces an idea that one can simply play and experiment - what better way to learn? Even better, it sounds far more relaxing that launching in with the idea that you'll be creating beautiful masterpieces. I do love the materials section as well - it's very concise and to the point: you don't need masses of expensive materials and equipment, just two brushes, an old white plate, a clear jar, and three tubes of paint will do. That makes things less intimidating for a beginner. I've read several 'beginners' art books that contain pages and pages of different materials and tools that leave even someone with experience wondering where to begin. The practical section starts with 'Colour Experiments', getting you used to different techniques, the way the colours flow - the 'playful' part. It's about building up confidence. It flows almost seamlessly into the more complex and less abstract exercises. Again, the art is beautiful yet not intimidating - encouraging the reader to 'give it a go'. The step-by-step instructions are clear and easy to follow. At the end of the book, there's a quick summary about 'painting yourself calm' and positive thinking, and a useful index, and yet more wonderful watercolour paintings. Even just flicking through the pages is a lovely experience. Looking forward to working my way through the book! Leanne Cane With no painting experience necessary, Jean proves that anyone can put paint

to paper with the object of relieving stress and exploring emotion to achieve a sense of calm. I can most heartily verify that painting is calming, because I feel that myself when I paint. It is all about the experience of painting and not the end result. The exercises are rather simple and basic shown as step-by-step. All in all, if you want some very basic ideas to get you into the routine of painting without taxing the mind, and to use painting as a way to find solace, you will find this book useful. It covers techniques such as salt, clingfilm, pouring and some ideas on colour. Jean's excellent use of colour and her finished paintings hold this book together Karen Platt -yarnsandfabrics.co.uk As I have been reading about the preparation and build up for this book the overall impression I have had is that it would be different and that is just what it is... different! Not the usual format of materials, techniques, step by steps... there is a small section on materials where Jean talks about what you will need to get started and how good paper is the most important thing, but this book doesn't dwell too much on things mundane!! It does however dwell on the joy and happiness we can find by pursuing this lovely pastime, how painting somehow helps us find a special place unknown to us before we painted. Since reading it I have been trying to think where it might fit into the painting population at large and I have come to the conclusion that although it isn't an instructional painting book per se it actually transcends all abilities and levels and I found myself once again inspired by Jean Haines, this time in a totally different way. As I am a painter who teaches, sells my work and occasionally exhibits I have worked hard on the techniques I have been taught by Jean and a number of other artists to the point where I have more recently been finding my own way but decided that as I have all Jean's other books I "needed" this one to add to my collection. While it isn't a teaching book in the way her others are, it has some wonderful inspiration, some beautiful illustrations (I do like pictures in a book!!) and it gives a "can do " message to its' readers which a lot of painters need. I had read some of Jeans' blogs where she has talked about the book and how it was a departure from her previous publications and I honestly think this book is one which would be a fit for artists at any level including complete beginners. I have always felt that painting is available to anyone and everyone and it is very encouraging to read Jean's conviction that anyone can paint, how painting can enrich lives beyond comprehension and that no-one needs any special talent or skill to start. Joy to my ears! Art Therapy is known to have very beneficial effects and while we're not actually talking about that here Jean talks about aspects of colour and it's mood enhancing qualities, about the joy of creating, not for a finished masterpiece, but for the sole purpose of enjoyment and how painting for it's own sake can bring about a wonderful calmness and contentment. She very eloquently puts into words what a lot of us who are passionate about our art feel as we are creating and have the brush in our hand. As for my own inspiration, I don't tend to

spend as much time playing with my paint as I once did and have had some art work I want to do for my own home which has been on the back burner for some time. Having read this book and looked at some of the simple exercises Jean has put together to get people started I have had lots of ideas as to how I might go about creating this illusive work!! The exercises look quite simple but the end results in turn look so effective leading me to feel that the book is worth buying for these little studies alone. I don't want to say anything frivolous about this book as it carries a more serious message beyond that of regular painting books. It talks about the mental benefits of painting, how we can escape to our little painting havens and become completely consumed and absorbed during the time we spend watching the paint and water do their magic on the paper. It also provides very persuasive arguments for allowing us to spend time painting... Finally, I loved the quote "It was only when I made a conscious decision to treat painting like eating, as part of my daily routine that my life and art career changed" That really struck a chord and separates the artists from the wannabes and something I need to incorporate into my daily routine too, another snippet of inspiration. Judith Farnworth Art July 2016 Jean Haines' Paint Yourself Calm shows you how to use the medium of watercolour to overcome anxiety and escape the stresses of everyday life. Aimed at the complete beginner, Jean describes how the action applying paint to paper can help you control your life, enhance your mood and improve watercolour painting at the same time. Illustrated with watercolour paintings this is a truly 'feel good' book. The Leisure Painter It's hard to convey just how much I hate all that new-agey stuff. Most of it's just an excuse for a load of self-obsessed navel gazing. And it's never cheap, either. Do please feel free to disagree with me, but please read the rest of this before you write in! It would be a shame to dismiss this on the basis I've outlined, or even to regard it as having nothing to do with practical art. It has everything to do with the practice of painting and, above all, of getting yourself into the state of mind where you can put down on paper what you feel in your head and see with your mind's eye. If you want a book that explains the creative process in a way that's completely relevant and comprehensible, this is it. It may or may not be Jean's prime purpose, but, for the artist at least, it's the result she's produced. The thing about painting is that it's so much more than a mechanical process. Sure, there are things you have to do, such as prepare grounds, mix colours and lay washes, but these can take on Zen-like properties if you let them. A lot of people say that routine helps set them in the right frame of mind for what comes next, which is pretty much the same thing. A lot of the content of this genuinely intriguing book is what might be called pure watercolour. This isn't a step-by-step how-to manual at all, not one that tells you how to paint specific subjects. Rather, it's about the use and application of colour to create a state of mind. Jean's intention, I think, is that this should be within yourself, but the thing is that paintings have an

audience: other people will see them and that state can be induced in them as well. Art, as Edgar Degas said, is not what you see but what you make others see. It’s not exactly abstraction - most of the illustrations are entirely recognisable - but the form is definitely more important than the function. If you know how to paint, but want to understand why, and why that why is important, read this book. It’s beautiful, rewarding and full of insights. Artbookreview.net

A member of the Society for Women Artists (SWA), international watercolorist Jean Haines is well-known for her love of her chosen medium. Having lived and traveled in many countries, this popular artist has had the opportunity to develop her skills whilst under the influence of masters from many countries, including Asia, the Middle East and Europe. She studied brush control while living in China and this had the greatest impact on her style. Later, when working with artists from India and Pakistan, she became inspired by the vibrant colors they used. The combination of East meets West in JeanÃ¢â ¬â„¢s style is to be enjoyed.The magical free flow of water and color straight on to a blank working surface (with no initial drawing) creates amazing results, often leaving her audience breathless with delight. Her paintings can be found in homes all over the world and in 2009 she won the Anthony J Lester Award during the SWA Annual Exhibition, where her work was likened to Joseph Crawhalls of the famous Glasgow Boys group of artists. She regularly writes for art magazines and exhibits in a number of galleries. Her hugely successful workshops are held regularly in the UK, and in 2014 she visited Australia for a Book Signing and Workshop Tour. In 2015 she will be visiting California, New York and St Louis in the USA to hold workshops and launch her new book Jean Haines’ Watercolor World.

I think it’s important for people to know who the intended audience is for this book.I’m not familiar with Ms. Haines’ other books, but from browsing them here on I’d say they are probably for those who already know something about painting in watercolor. Whether they’re intended for beginners or not I don’t know, but I personally wouldn’t even bother buying one, because they all look too advanced and intimidating to me.However, I bought this book of hers because I have never in my entire life picked up a paintbrush and attempted to paint anything. But I’ve always enjoyed the look of watercolor paintings and wished I knew where to start. If you fall into that category, this may well be the book for you.Ms. Haines takes a gentle, no-fear approach approach to watercolor painting that is very refreshing. She says - and I happen to agree - that adults who want to paint are too preoccupied with results, with producing something worthy of framing, so when their efforts fall short, they want to give up. Worse, they don’t enjoy themselves, so they stop before they’ve even

started. Ms. Haines, on the other hand, has put forth the idea that just playing around with color on paper is its *own* result, and that whatever actually happens on the paper is secondary to your personal enjoyment.Now, lots of art books I've read preach about "painting from the heart" and "not worrying about results," which is all well and good, but then they don't give you any place to start. Instead they showcase advanced work beginners could never dream of replicating, and they hawk a bunch of expensive supplies that you "need" to be an artist.Ms. Haines doesn't do that. All you need to do the projects in this book are a few tubes of paint, two brushes, paper, and water. That's it. What's more, she shows you through very basic, non-threatening demos how much fun it can be simply to move a brush loaded with pigment across a white page, and that doing so can calm you, be enjoyable, and also be secondary to the finished piece, as mentioned. She shows you how to paint basic abstract landscapes and flowers, which may not be everyone's proverbial cup-of-tea, but just so happens to be exactly what I wanted.And that's it. That's the book.It's true, she does talk about getting into the right frame of mind to paint, about how certain colors can affect mood, but the main thread running through the entire book is this: *anyone* can enjoy painting. I can't stress enough how refreshing it is to read a book that encourages you primarily to enjoy the *process,* something I've always believed in but never knew how to do until this book came along.However, if you already know how to paint - if you're experienced enough that you have the basics down and are looking for more advanced instruction - then you won't find anything new here. She does mention that advanced artists can gain benefit from this book by using it to remember how much fun it is simply to play, and I think there is some merit in that claim. But it does appear that this book is unlike her others, in that it's primarily aimed at those who want to paint but who are scared to try, and especially those who have never painted before. Again, if you fall into those categories, then you couldn't ask for a better start than what's offered here in Paint Yourself Calm.One other thing: the exercises in this book will only work with watercolors. But even if your ultimate goal is to paint in oils or acrylics, this is a good book to have on your shelf because it just might teach you to enjoy painting *first.* Then, if you want something more result-oriented, there are a ton of other books out there that can do that. But learning to enjoy yourself may be the biggest hurdle you need to overcome to one day learning how to paint like a pro, and if that's you, then I think you've come to the right book.

If you like the look of loose watercolor paintings but find it hard to loosen up or fearful to even start painting Jean Haines is for you. If you are in need of finding a way to meditate but cannot just "sit" this is also the book. "Paint Yourself Calm" looks in many ways like her other books--full of juicy

flowing colors. But rather than an instructional book it is more about how to interact with the act of painting. She does give some basic exercises but they are designed to get you into the act of experimenting and simple enjoyment rather than creating a finished product.In some ways it acts as a self help book. I am not a professional painter. In fact I just started. But I keep at it because it does help me use a very different part of the brain and let go of my stressful world for awhile. Jean gives workplace professional people like me "permission" to just play with watercolor and let go of performance. Following her direction and thinking (I found I actually needed to sit and read awhile to get the full benefit of the book) one is able to let go of the fear of the blank page and get into a relaxing world for awhile--kind of a contemplative place for those of us that don't know how to sit still for long. And in doing it I find I am quickly developing my own style and actually painting better--stressing less over painting and in my life in general.

This is exactly the book I needed right now. The exercises are easy and give me the freedom to "play" instead of "produce". I plan to explore more of Jean Haines' books.

Not my thing, Sorry I thought it would be entirely different. Presentation was very good. Well written. Thank you. ,,,

More meditative than instructional.

Great for stress busting. Even the colors in the illustrations are restful to look at.

Just starting to work through this book. I love this approach to meditative painting--letting the colours speak and spark ideas!

Love this book. JeansHaines is an awesome watercolorist. The book has lots of of information and a few demos. She really teaches loose painting. So if that is what u like u will enjoy this book

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Jean Haines' Paint Yourself Calm: Colourful, Creative Mindfulness Through Watercolour Jean Haines' World of Watercolour Neuroanatomy: An Atlas of Structures, Sections, and Systems (Neuroanatomy: An Atlas/ Struct/ Sect/ Sys (Haines)) by Duane E. Haines PhD (2003-10-06) Learn to Paint People Quickly: A practical, step-by-step guide to learning to paint people in watercolour and oils (learn quickly) The Calming Collection - Calm Mom, Calm Dad, Calm Child: Keeping Your

Cool With Your Children, Your Family, and Everyone Else in Your Life Jean Haines' Atmospheric Watercolours: Painting with Freedom, Expression and Style Self Love: Changing Your Life Through Self-Love and Mindfulness (2 Books In 1), Learn How To Love Yourself More, Calm Your Mind, Reduce Your Stress and Live a Happier Life! The Mindfulness Coloring Engagement Calendar 2017: Color Your Way to Calm Week by Week (The Mindfulness Coloring Series) The Mindfulness Coloring Engagement Calendar 2018: Color Your Way to Calm Week by Week (The Mindfulness Coloring Series) Mindfulness: Mindfulness for Beginners: How to Live in The Present, Stress and Anxiety Free (FREE Bonus Gift Included) (Mindfulness, Meditation, Buddhism, Zen) The Autism Playbook for Teens: Imagination-Based Mindfulness Activities to Calm Yourself, Build Independence, and Connect with Others (The Instant Help Solutions Series) Air Fry Everything: Foolproof Recipes for Fried Favorites and Easy Fresh Ideas by Blue Jean Chef, Meredith Laurence (The Blue Jean Chef) Fast Favorites Under Pressure: 4-Quart Pressure Cooker recipes and tips for fast and easy meals by Blue Jean Chef, Meredith Laurence (The Blue Jean Chef) Watercolour Rivers & Streams (Ready to Paint) Skies in Watercolour (Learn to Paint (Collins)) Vibrant Flowers in Watercolour (Ready to Paint) Watercolour Flowers (Ready to Paint) The Graphic Designer's Digital Toolkit: A Project-Based Introduction to Adobe Photoshop Creative Cloud, Illustrator Creative Cloud & InDesign Creative Cloud (Stay Current with Adobe Creative Cloud) Absolutely Beautiful Things: Decorating inspiration for a bright and colourful life Cocktastic! Colourful Cocks: Willies in Art ? A hilarious & naughty coloring book

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