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Autore	Bowley Flora
Titolo	Creative revolution : personal transformation through brave intuitive painting // Flora Bowley
Pubbl/distr/stampa	Beverly, Massachusetts : , : Quarry, , 2016 ©2016
Descrizione fisica	1 online resource (131 pages) : color illustrations, photographs
Disciplina	751.4
Soggetti	Painting - Technique Painting - Psychological aspects Nonfiction
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Introduction -- Body -- Mind -- Spirit -- Conclusion.
Sommario/riassunto	"Artistic pursuits such as painting have the power to soothe, heal, and connect a person to their truest self. For author Flora Bowley, making art and expressing herself creatively have always served as potent forms of personal evolution and holistic healing. Creative Revolution is the reader's key to unlocking the door to their own personal journey while making beautiful art. Creative Revolution is the culmination of Flora's life's work as an artist, offering guidance for others to embrace their authentic selves through paint. She has taught more than sixty workshops since she wrote her first book, Brave Intuitive Painting, and has witnessed miraculous things when people engage with the intuitive painting process. Creative Revolution is the next best thing to taking a course from Flora. Many readers and students can't help but exclaim, "This was about so much more than painting!" After reading Creative Revolution, readers will have a deeper connection to their intuition, increased confidence to make bolder choices, freedom to let go and explore various options, an understanding that everything is transformable, the trust that it will all work out in the end, and a renewed sense that creating can be fun and playful. All of this powerful transformation begins with paint. Flora has been writing and reflecting

on these transformational aspects of the creative process for years.
Creative Revolution is an insightful and practical guide for realizing the
transformational power of fully embracing your creativity."--
