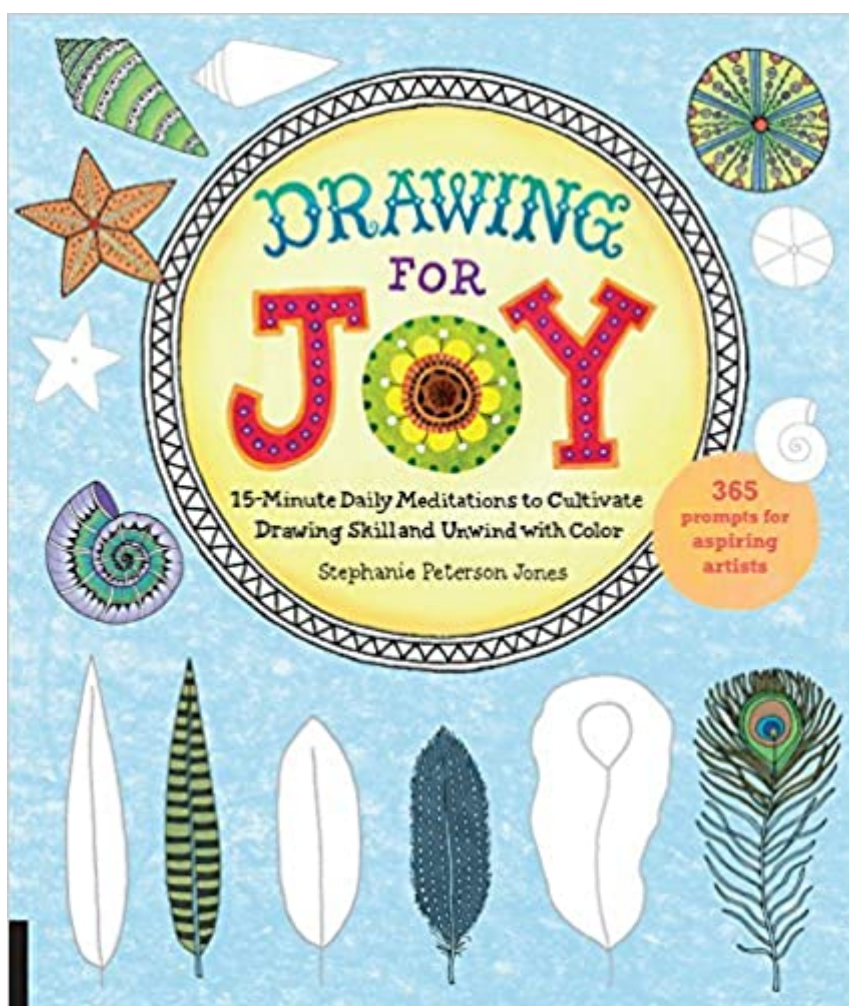


The book was found

# Drawing For Joy: 15-Minute Daily Meditations To Cultivate Drawing Skill And Unwind With Color--365 Prompts For Aspiring Artists



## Synopsis

In *Drawing for Joy*, author and illustrator Stephanie Peterson Jones offers beginning artists a low-stress way to build a successful daily drawing practice in just 15 minutes a day. The accessible series of 52 week-by-week exercises, each with 7 drawing prompts or starts, teaches readers how to draw by exploring line, texture, pattern, and color. The book begins with basic information on the required materials for completing the exercises and essential techniques and strategies for coloring your creations. The exercises start with a focus on simple shapes such as circles, squares, and other geometric textures, then progress gradually toward creating more realistic motifs, including florals and other natural shapes, all built with line and pattern.

## Book Information

Paperback: 144 pages

Publisher: Quarry Books; Csm edition (July 1, 2017)

Language: English

ISBN-10: 1631592955

ISBN-13: 978-1631592959

Product Dimensions: 8.5 x 0.5 x 10 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 31 customer reviews

Best Sellers Rank: #132,791 in Books (See Top 100 in Books) #41 in [Books > Arts & Photography > Drawing > Colored Pencil](#) #91 in [Books > Arts & Photography > Drawing > Pencil](#) #145 in [Books > Arts & Photography > Study & Teaching](#)

## Customer Reviews

Stephanie Peterson Jones is a certified K-12 art teacher who loves teaching art to children and adults. She loves to work on community art projects that encourage kindness and compassion and started Art & Kindness, LLC with her husband following Hurricane Sandy. For her, making art is a meditation and an expression of joy. Stephanie is inspired by beauty in nature, kind people, and the little visual surprises she encounters every day. When she's not making art, she's taking a hike, knitting, making pottery, and teaching (or doing) Pilates.

I LOVE this book!! The design of the book is beautiful and well thought out. It begins with a quick Mindfulness Meditation which is encouraged before you start each daily drawing. I have always found coloring to be very relaxing and I'm excited to intentionally begin my art process with

mediation. The Essentials are discussed next which include a brief description of pens, pencils, markers and erasers that you may want to use. The author mentions what she prefers to use as well as other brands that work well. I really appreciate her suggestions as I've never heard of some of these utensils! The Elements of Art are then discussed and these are referred to as the building blocks which include areas like color, texture and space. The Daily drawing prompts are then grouped into Themed Weeks and watching the progression is exciting! I admittedly don't know much about drawing but I know I enjoy coloring. Whenever I see the Starbucks cups that people have turned into beautiful works of art I am always in awe and slightly jealous! I want to do that but I've never felt like I knew where to start. After reading through this book I feel like I will have all the tools necessary to create my own Starbucks cup art as well as many more pieces ;) My favorite unexpected treat from this book.... my five year old son sat next to me at the kitchen table while I worked on my Day 1 exercise. He enjoyed watching me so much that he got out his notebook and pencils to "work with me". I just placed an order for his own Drawing for Joy book so we can create together! Many thanks to the artist/author for such a wonderful book!

First of all, this is a fun book! It is also informative and Transformative. The practice of art has been proven to reduce stress and encourage physical, emotional and spiritual healing. This book guides us towards self-acceptance and self-compassion by teaching both Form (Art) and Non-Form (Mindfulness Meditation). The clear instructions support us and silence our inner critic. We become a powerful part of the flow of Creation. The book takes us on a journey of self discovery as we mindfully create patterns and form. The author teaches a practice that touches Love and Peace and Joy. This is an uplifting, brilliant work that I will use in my meditation practice, in my clinical practice and give to my dear friends. Ann Ehlers, LCSW-C

I've been following Stephanie Peterson's whimsical work for years. Everything she does is uplifting. My kids loved her book "Peek-A-Moo." "Drawing for Joy" is so much fun! I not only like the meditative quality of coloring, but also learning to draw like Stephanie feels like a secret! With easy instructions, drawing cool stuff feels doable. I'm a little bit afraid I might start drawing mandalas all over the walls of my house! This is a great book for kids and adults. It's soothing and immersive, and a great way to meditate for someone with an active mind. I love it!

I have been in a rut lately, craving some self expression and creative outlet! I picked up this book to give me some inspiration to help me start a daily art practice again (I went to design school and

often get stuck working solely on the computer in Adobe programs). As a perfectionist I find it hard to put pencil/pen/paintbrush to paper because I am better and faster at using the mouse and graphic design programs than moving more slowly and working with art supplies to simply create for the purpose of enjoying it. This book has been such a delightful surprise! It is well written and has so many beautiful drawing patterns, shapes, subjects and suggestions. I love the way the author encourages us to start with simple shapes and add detail after. This is turning out to be essential for me to just enjoy the simplicity of shape first and not "over think" everything! I highly recommend this book for all ages and creative abilities. It is absolutely BEAUTIFUL throughout. What a gift to slow down and find moments of joy in drawing each day (or whenever feels right!).

I just finished scanning *Drawing for Joy* and find myself excited to rush to the store, stock up on art supplies and get started on this guided journey, enriching the next 365 days with creativity and adding to the joyfulness in my life! This book and its author truly make it seem possible! The book begins with a warm, thoughtful and inspiring introduction which is followed by an explanation of the benefits of mindfulness meditation and how to use the book. The author then explains "The Essentials", providing a detailed description about what supplies you will need for both drawing and adding color, and an "Artist's License" which will instill confidence in even the most hesitant artist! The pages which follow then guide the reader through 365 days of meditative drawing practice, including a broad range of weekly topics, featuring drawing prompts and art starts, and moving from the basics to more complex drawings. Beautiful illustrations and inspiring notes from the author propel the reader onward as their creative spirit takes flight.

Stephanie Peterson Jones has created the ideal art book for everyone, whether we hope to learn how to draw, teach art, or expand our artistic vision. Part of the book's usefulness is nothing but pure whimsy - it is the gift of a true artist sharing a little of her world. Her goofy bear, her lovely, stately elephant, her "Hello Moment" on page 11 - all of the artist's personal touches enrich the actual, and wonderfully useful, instruction in color, technique, form, shape, etc... The book is also flexible - while the concept is a daily 15 minute meditation on art, it can also be cherry-picked for all sorts of ideas and inspiration. I recommend it to anyone who just needs to draw, create, and relax - and that's pretty much all of us!

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