



The Confident Creative: Drawing to Free the Hand and Mind

By *Cat Bennett*

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Using simple methods and yogic theory, this unique guide focuses on the art of drawing as a way to unblock creativity and create artistic confidence. Both practicing and beginning artists will learn to develop drawing skills, overcome creative blocks, and enter the meditative state in order to find creative connections and confidence. Featuring full-color examples from professional artists, three different drawing methods, and exercises tested and developed in the author's own drawing class, this is an invaluable tool for artists, writers, musicians, and all who wish to access their creative strengths and live inspired, authentic lives.

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Editorial Review

Review

"Teaches how to make your mark, how to be accepting of success and failure, how to experiment to uncover new areas of creativity, how to overcome the fear of getting started, how to love yourself through what you create but most of all it urges us all to JUST DO IT. The results are not as important as the creative process itself." —The3rdi magazine for working women

"I LOVE YOUR BOOK! You are very encouraging . . . You show that drawing demands we know ourselves as creative beings." —Diana Korzenik, former chair, art education, Massachusetts College of Art Boston

"The exercises are fun and the objectives, style and approach of drawing is down to the student. It is delightful to find a book on drawing in which there is neither shaded cubes nor vanishing points and perspective." —Martin Wilson, www.Suite101.com

"Although many in her classes feel at first they can't draw, they soon lose self-consciousness and work with joy, discovering that the practice of making marks in a non-judgmental environment brings them into oneness with the moment." —Richard D. Wright, *New Age Retailer*

"Have you ever said, 'I wish I could draw?' Well, have we got a book for you! . . . [This book] will help you jump-start your dormant self-expression, big-time. Through fun and engaging exercises [the author] loosens up [your] self-imposed reins to free the artist within."

About the Author

Cat Bennett is an artist and professional illustrator whose work has appeared in such publications as the Atlantic, the Boston Globe, the New York Times, and Time magazine. She teaches the Saturday Morning Drawing Club at the Arsenal Center for the Arts in Boston. She lives in Watertown, Massachusetts.

Users Review

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Rose Cotner:

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