

Foreword Review CRAFTS & HOBBIES

Drawing Your Own Path: 33 Practices at the Crossroads of Art and Meditation

John F. Simon Jr.
Parallax Press (Nov 1, 2016)
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Not a coloring book per the norm, this mindful project nurtures creativity through meditation and drawing. The instructions move you through concentration and awareness exercises without the constraints of lines to stay within.

HANNAH HOHMAN (Cozy Up 2016)

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