

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

John F. Simon Jr.

Parallax Press (Nov 1, 2016)

Softcover \$24.95 (192pp)

978-1-941529-36-2

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)

Disclosure: This article is not an endorsement, but a review. The publisher of this book provided free copies of the book to have their book reviewed by a professional reviewer. No fee was paid by the publisher for this review. Foreword Reviews only recommends books that we love. Foreword Magazine, Inc. is disclosing this in accordance with the Federal Trade Commission's 16 CFR, Part 255.