

## The Laws Guide to Nature Drawing and Journaling

### John Muir Laws

Heyday (Mar 1, 2016)

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To deepen their connection to and love of the natural world, naturalists, writers, and ordinary folk have long used journals to memorialize their observations from nature jaunts. The best definitions of such love include phrases like “sustained, compassionate attention,” implying that discipline and practice make all the difference. This beautiful art book will teach you how to be “still, quiet, and attentive ... to organize your thoughts, piece together answers, and ask richer questions.” The overall goal is to stimulate your curiosity, and you won’t find a better guide.

MATT SUTHERLAND (Spring 2016)

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