



## Making Art a Practice: 30 Ways to Paint a Pipe (How to Be the Artist You Are)

By Cat Bennett

Findhorn Press Ltd. Paperback. Book Condition: new. BRAND NEW, Making Art a Practice: 30 Ways to Paint a Pipe (How to Be the Artist You Are), Cat Bennett, Helping artists catapult into further action, this guide is a treasury of insight and inspiration. Rather than focus on art techniques that build skills or overcome creative blocks through playful activities or writing, this guide walks the artist through exercises designed to develop the personal qualities critical to being an artist in the world, such as courage, the ability to look and see, and connection to the true creative self. This is a hands-on, experiential action book designed to get the reader creating art and exploring a variety of possibilities for being an artist. According to the teachings of this handbook, engagement with art is less about end results or products and more about the self-awareness and competence that frees the artist to seek out and create work that is vital. This is a rigorous programme that allows artists of any skill level to deepen their creative habits and be the best artists possible.



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