



DOWNLOAD



Antistress Therapy: The Artful Path: 101 Mandalas and Inspirations from the Fine Arts to Ensure Your Well-Being

By Tamara Fonteyn

Tom Emusic, United States, 2014. Paperback. Book Condition: New. Blake Bendeazar, Sylvie Malon (illustrator). 274 x 214 mm. Language: English . Brand New Book ***** Print on Demand *****.Since ancient times, artists have sought beauty and goodness in an attempt to express these values in their works. This unique book invites readers to discover the creative mysteries of great works of art. Listen to the voice of inspiration and lend color to traditional Tibetan mandalas, the murals of the Pharaohs, abstract motives from Islamic art, scenes from the traditions of Christianity captured in medieval stained-glass windows, geometric patterns in Persian rugs, exquisite French marquetry ornaments and Art Nouveau paintings. This creative activity, called a mandala, and appreciated around the world, will usher you into a state of relaxation and provide a deep feeling of happiness. On the one hand, focusing on these geometric forms will free you from a multitude of thoughts, fostering harmonious respiration and alignment between the work of the right and left hemispheres of the brain, which leads to a sensation of inner peace. On the other hand, active association with the greatest works of art will allow you to sense the beauty they contain and experience...



READ ONLINE
[4.33 MB]

Reviews

This ebook might be worth a read, and superior to other. It is probably the most amazing publication we have read. Your lifestyle period will likely be transform once you total looking over this publication.

-- **Alana McCullough**

The ideal ebook i actually read through. It really is writter in simple words and phrases and not confusing. Its been written in an remarkably simple way and it is just after i finished reading this ebook where in fact modified me, affect the way i think.

-- **Alice Cremin**