



Pen Mind, Beginner s Mind: A Mindfulness Approach to Beginning to Draw (Paperback)

By Jim Hodgkinson

GATEWAYS BOOKS TAPES, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. This book is a chronological record of the growth of an artist starting from an untrained state of disbelief in himself. Drawing examples in graphite and pen and ink wash are presented with the author recalling them as they were encountered for the first time. These moments and recollections give the reader a sense of the Beginner s Mind --a child-like sense of wonder and exploration. The author also stresses noticing as a way of increasing awareness of both the external and internal worlds of the artist.



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