

# Read Online Jean Haines World Of Watercolour Pdf For Free

The Stars, the Snow, the Fire Feb 19 2020 In this wilderness classic, the quintessential Alaskan frontiersman relates his experiences from over twenty years as a homesteader. As New York Newsday has said of his work, If Alaska had not existed, Haines might well have invented it."

**Congressional Record** Nov 29 2020 The Congressional Record is the official record of the proceedings and debates of the United States Congress. It is published daily when Congress is in session. The Congressional Record began publication in 1873. Debates for sessions prior to 1873 are recorded in The Debates and Proceedings in the Congress of the United States (1789-1824), the Register of Debates in Congress (1824-1837), and the Congressional Globe (1833-1873)

**Command Decision** Jun 05 2021 THE STORY: The play shows how a high-ranking officer in charge of an airplane squadron meets his agonizing problems of bombing certain European areas in order to get the most efficient results, rather than to please high-ranking Government officers

**Posposites** Mar 02 2021 With wheels to turn, flaps to lift and tabs to pull, this is an exciting and engaging book to introduce early learners to the concept of opposites. The book showcases a range of opposing ideas, from the familiar to the downright quirky. This is a book that readers of all ages will treasure and enjoy for years to come.

Fever Moon Jun 24 2020 With the acclaimed novel "Penumbra," Carolyn Haines branched out from the cozy Southern mysteries that made her name and moved into more ominous, more literary territory. She continues that exploration of the darker side of the South with "Fever Moon." Set in New Iberia, Louisiana, during World War II, "Fever Moon" begins when Deputy Raymond Thibodeaux discovers Adele Hebert covered in blood and hovering over the brutally eviscerated body of Henri Bastion, a wealthy plantation owner. In the aftermath of the murder, Adele claims to be the loup-garou, a legendary Cajun shape-shifter that traditionally takes the shape of a wolf, and panic ensues in this small town that already has been living under the pressures of wartime rationing and poverty. Raymond is determined to restore order, but to do so he'll have to prove that Adele isn't a murderer or a monster. In this dark and swirling literary thriller, Carolyn Haines tells the story of a town that is caught up in the frenzy of a murder and a killer who feeds its terror to suit his own purposes.

**The World Story** Mar 22 2020

**Danny Mo** Dec 31 2020 "There are legendary tales that transcend sport, and Haines' "Danny Mo" does just this with humor, heartbreak, triumph, and truth. With a tip of the visor to Dan Jenkins, it's a dead solid perfect debut."--Gary Van Sickle, "Sports Illustrated" senior writer.

**Jean Haines' Atmospheric Flowers in Watercolour** Oct 21 2022 This is an extraordinary book.' Review of Jean Haines' Atmospheric Watercolours in The Artist Magazine'It simply dazzles on the page and makes you want to grab your brushes and get going straight away.' Review of Jean Haines' Atmospheric Watercolours in The Leisure PainterJean Haines is arguably one of the world's most accomplished and inspirational artists, and in this, her fifth book, she explores one of her most beloved subjects - flowers. Taking inspiration from her own beautiful garden in the English countryside where she lives, Jean takes you on an artistic journey that not only teaches you how to create gorgeous paintings, but also shares with you the joy to be gained from the simple act of painting flowers.In this beautiful book, Jean explains with passion and enthusiasm how to loosen up your painting style and include just enough detail

in your paintings to portray the essence of flowers, bringing them to life on the paper and infusing them with vibrancy and energy. She shares unreservedly the materials and techniques she uses, provides a wealth of expert tips and advice, and guides you step-by-step through numerous studies and projects. Throughout the book there are many glorious examples of Jean's paintings of a dazzling variety of flowers, providing an abundance of inspiration for artists of all abilities. Jean uses Daniel Smith materials in this book but other materials can be used to achieve similar results.

*Class Act* Sep 08 2021 First monograph on this legendary decorator's most important interior design projects. A glimpse into the glamorous private world of Hollywood movie stars' homes. Images of interiors by world-famous photographers.

**Jean Haines' World of Watercolour** Apr 27 2023 Step into Jean Haines' distinctive, exciting world of watercolour with this, the ultimate guide to her influences, style and work. Jean's loose, expressive paintings are filled with colour and personality, embracing a range of subjects that includes flowers, animals, people and places, all influenced by the countries and cities she's lived in and the people she's met during her life. This beautiful book contains easy-to-follow and inspiring introductory sections such as an artists' treasure chest and the colour gym, offering practical guidance and in-depth exercises in an innovative and accessible way, and the numerous examples of Jean's work will inspire and encourage novice as well as experienced artists. After this introductory section, the book shows the reader how to put the skills they've learned into practice with gorgeous step-by-step projects packed full of expert tips and advice, encouraging them to move forward and develop their own style of working. Like her painting, Jean's writing is filled with passion and enthusiasm, transporting the reader through a world of watercolour that will not fail to excite and inspire.

**Jean Haines' World of Watercolour** Mar 26 2023

The Book of Waking Up Jul 18 2022 *The Book of Waking Up* invites you to wake to your coping mechanisms, find the why behind your pain, and walk into the Divine Love of God. The inevitable pain of life gives us many reasons to check out--and many ways to do it. Alcohol, entertainment, pills, shopping, porn, chasing success, cashing checks, and collecting social media "likes"--these and so many other things anesthetize us from the wounds of everyday living. As Seth Haines wrote in his award-winning book, *Coming Clean*, "We're all drunk on something." In his compelling follow-up, *The Book of Waking Up*, Seth invites you into the story of healing. He invites you to see your coping mechanisms for what they are--lesser lovers, which cannot bring the peace, freedom, and wholeness you crave. Through guided reflections, sustainable soul practices, and stories from Seth's life and others, *The Book of Waking Up* points you toward the Divine Love of God that has the power to transform your life. As Seth writes, "Addiction is misplaced adoration." Now, join him on a journey toward the only Love worth adoring, the only Love that cures a soul. Join him on the journey to waking up.

**Coming Clean** Jul 06 2021 Christianity Today Book Award Winner; ECPA Award Finalist Boldly honest, powerfully told, deeply moving - this is a story about finding yourself. Seth Haines' memoir holds up a mirror to all of our stories to show the peace that is possible when we release our addictions and receive the healing presence of God. Seth Haines was in the hospital with his wife, planning funeral songs for their not-yet two-year-old, when he made a very conscious decision: this was the last day he wanted to feel. That evening, he asked his sister to smuggle in a bottle of gin and gave in to addiction. But whether or not you've ever had a drop to drink in your life, this book is for all who have sought ways to stop their pain. Like Seth, we're all seeking balms for the anxiety of what sometimes seems to be an absent, unresponsive God - whether it's through people-pleasing, social media likes, shopping, the internet, food, career highs, or even good works and elite theology. Too often we attempt to escape our anxiety through addiction - any old addiction. But it often leaves us feeling even more empty than before. In *Coming Clean*, Seth Haines writes a raw account of his first 90 days of sobriety, illuminating how to face the pain we'd rather avoid, and even more importantly, how an abiding

God meets us in that pain. Seth shows us that true wholeness is found in facing our pain and anxieties with the tenacity and tenderness of Jesus, and only through Christ's passion can we truly come clean.

***Never Leaving Laramie*** May 16 2022 *Never Leaving Laramie* takes readers from a small university town in Wyoming into the human and natural landscapes of remote and dangerous areas in the world. John Haines bicycles across Tibet and kayaks the length of West Africa's Niger River. He rides the Trans-Siberian train across the former Soviet Union and survives a traumatic train accident in the Czech Republic. For two decades, the author lived a restless life exploring pockets of the world in transition, always finding a route back to Laramie, the home that shaped him—a place he loved but needed to leave, and in the end never left.

***Working on a Song*** Dec 19 2019 "*Working On A Song* is one of the best books about lyric writing for the theater I've read."—Lin-Manuel Miranda Anaïs Mitchell named to TIME's List of the 100 Most Influential People in the World of 2020 An illuminating book of lyrics and stories from *Hadestown*—the winner of eight Tony Awards, including Best Musical—from its author, songwriter Anaïs Mitchell with a foreword by Steve Earle On Broadway, this fresh take on the Greek myth of Orpheus and Eurydice has become a modern classic. Heralded as "The best new musical of the season," by *The Wall Street Journal*, and "Sumptuous. Gorgeous. As good as it gets," by *The New York Times*, the show was a breakout hit, with its poignant social commentary, and spellbinding music and lyrics. In this book, Anaïs Mitchell takes readers inside her more than decade's-long process of building the musical from the ground up—detailing her inspiration, breaking down the lyrics, and opening up the process of creation that gave birth to *Hadestown*. Fans and newcomers alike will love this deeply thoughtful, revealing look at how the songs from "the underground" evolved, and became the songs we sing again and again.

***Anxiety is Really Strange*** May 04 2021 What is the difference between fear and excitement and how can you tell them apart? How do the mind and body make emotions? When can anxiety be good? This science-based graphic book addresses these questions and more, revealing just how strange anxiety is, but also how to unravel its mysteries and relieve its effects.

Understanding how anxiety is created by our nervous system trying to protect us, and how our fight-or-flight mechanisms can get stuck, can significantly lessen the fear experienced during anxiety attacks. In this guide, anxiety is explained in an easy-to-understand, engaging graphic format with tips and strategies to relieve its symptoms, and change the mind's habits for a more positive outlook.

***Planetary Health*** Apr 03 2021 Human health is facing unprecedented threats from global environmental change. This book describes the challenges and opportunities to safeguard health.

***Lesson in Art and Life*** Oct 09 2021 Interest in mid-20th century British artists and the world they inhabited is growing internationally--prices are rising and exhibitions proliferate. This biography focuses on the couple who were at the centre of the Modern British art scene: Cedric Morris (1889-1982) and Arthur Lett-Haines (1894-1978). Both men studied in Paris in the 1920s where they absorbed the work of the French Post Impressionists, Cubists and Surrealists. Later in London, Morris became a sought-after painter of flowers, birds and landscapes, and a friend of Augustus John and Ben Nicholson. Lett was hailed as Britain's first Surrealist. They gave fabulous parties attended by the cream of creative London. Morris and Haines founded the East Anglian School of Painting and Drawing in Suffolk, attended by Lucian Freud and Maggi Hambling. The atmosphere was described as 'robust and coarse, exquisite and sensitive all at once, also faintly dangerous.' The conversation was sometimes bawdy and bitchy but never boring. Lett-Haines, who ran the school, was a superb cook who swapped recipes with Elizabeth David. Cedric Morris became an award-winning plantsman and poppy iris breeder. He was an acknowledged influence on Beth Chatto, amongst others. *Lesson in Art and Life* is a long overdue biography of a couple who were hugely influential across the spheres of art, gardening and cookery.

*How to Go to Work* Nov 10 2021 The definitive careers guide for starting out in today's working world It's tougher than ever to get the fundamental skills you need to get started and thrive in your career. Whether you are on your first Saturday shift, about to start an apprenticeship or climbing the leadership ladder, this is your indispensable guide to surviving and thriving at work. Find out what really matters in getting hired for your first job and how to make the best start in your new role. Drawing on the collective wisdom of CEOs, creatives, scientists, activists and professionals in every industry, this is all you need to know about how to go to work. From dealing with your mistakes to celebrating your successes, from making an impression on day one to building your resilience and protecting your values, *How to Go to Work* is packed full of all the vital advice you need to jump-start your fledgling career. This vital practical guide will show you how to: - Find the right work experience and internships to get you through the door - Present your best self online and in person - Gain confidence, authority and resilience and thrive in your role - Navigate the ups and downs of starting your first or second job and help you make progress in your career From office etiquette and how to make the most of any placement, to employment rights, how to deal with toxic workplaces, pensions and negotiating pay rises, *How To Go To Work* is the essential guide for anyone embarking upon or consolidating their career.

*The Royal Path of Life* Mar 14 2022

**Wisecracker** May 24 2020 Here, for the first time, the stories of Hollywood's gay stars are seen in context with their times and with one another, revealing a pattern of intimidation by the studios and, ultimately, the establishment of the Hollywood closet. Alone among his contemporaries - Ramon Novarro, Cary Grant, Tyrone Power - Haines refused to play the game, and so was booted out.

**The Big Book of King Cake** Apr 15 2022 "I once ate more than eighty king cakes in a single Carnival," author Matt Haines proudly remembers, demonstrating his dedication to this delicious Mardi Gras tradition. "So you can imagine how amazed I was to learn there has never been a coffee table book dedicated to king cakes!" *The Big Book of King Cake* changes that, telling the thousands-year-old story through lush photography of more than one hundred and fifty unique king cakes, as well as stories from the diverse and talented bakers who make them. While king cakes are typically only available during Carnival season, readers can enjoy this book year-round. From the traditional cakes generations of New Orleanians have loved, to the unconventional creations that break all the rules, this book is your guide to the Crescent City's favorite baked good. *The Big Book of King Cake* is for anyone who loves food, history, sweets, culture, and of course, New Orleans.

**Book of Knives** Jun 17 2022 "Beautifully written and endlessly absorbing, this is a novel to read with the covers up around your chin and a candle burning."—Sarah Taylor Stewart, author of the Maggie D'arcy mysteries When Nora agrees to help her new husband, Paul, and his family fix up Hidden Lake Camp, she didn't expect it to be in such a state of ruin. The dock full of rotten boards, smashed windows, cabins falling apart—it's all a past he'd just as soon bury. Only a few months, he said. They'd drive north to get Paul's elderly parents settled while he and his brother make enough repairs to sell the property. The summer camp, however, and its deep lake have other plans. On the first night, Nora stumbles through a first meal with his difficult family. Her sister-in-law shows off a prized collection of handmade knives, thirteen in all. Long summer days stretch before them and one by one the knives begin to disappear. By the time the fourth and fifth vanish from behind locked doors and out from under watchful eyes, Nora can barely sleep. There's talk of ghosts, secret rooms and someone at the summer camp found dead in the tall grass. Unsettling, gripping, and totally original, *Book of Knives* is a literary thriller that shows how one person's unraveling can bring the whole house down. "Seen through the perceptive eyes of complex characters, a series of vivid scenes unfolds. One finds all one's worst fears echoed here in an increasingly suspenseful and surprising crescendo of events." —Sheila Kohler, author of the literary thriller *Open Secrets*, one of *Vogue*'s best books of 2020

**Hunted By the Others** Oct 29 2020 In a town full of vampires, mages, and werewolves,

detective work can be dangerous: “Dark and sexy . . . a paranormal treat” (Lara Adrian, New York Times—bestselling author). Shiarra Waynest’s job was dangerous enough when her client base was strictly mortal. But ailing finances have forced her to accept a lucrative case that could save her firm—if it doesn’t kill her first. Shiarra has signed on to work for a high-level mage to recover an ancient artifact owned by one of New York’s most powerful vampires. As soon as the detective meets the sexy, mesmerizing vampire Alec Royce, she knows her assignment is even more complicated than she thought. With a clandestine anti-Other group trying to recruit her and magi being eliminated, Shiarra needs backup. She enlists her ex-boyfriend—a werewolf whose non-furry form is disarmingly appealing—and a nerdy mage with surprising talents. But it may not be enough. In a city where the undead roam, magic rules, and even the Others aren’t always what they seem, Shiarra has just become the secret weapon in a battle between good and evil—whether she likes it or not. This fast-moving urban fantasy is “a fun, high octane ride with a take charge heroine who will leave you wanting more” (Alexandra Ivy, New York Times—bestselling author). “Take a sarcastic, likable heroine out of her depth with a mysterious, seductive vampire, add lots of scheming bad guys, and you’ve got a delightful romp of a book.” —Angela Knight, New York Times—bestselling author “Full of litigious vampires, sexy shapeshifters and a mage sidekick akin to Bond’s Q, what more could you want?” —Mark Henry, author of *Battle of the Network Zombies* “Fresh, hilarious,

**Secret Carnival Workers** Feb 13 2022 *Secret Carnival Workers* is the first volume to bring together Paul Haines’ poems, short fiction and music journalism - influenced by jazz, Dada and the Surrealists - in all its complex and creative breadth. Including uncollected fictions, epigrammatic poems and lyrics and writings on music composed between 1955 and 2002, this book finally places a major talent under the spotlight.

*Jean Haines’ Atmospheric Watercolours* Feb 25 2023 Jean Haines’ enthusiasm for watercolours burst through every page of this inspirational book that will guide you, step by step, to creating beautiful and unique paintings of your own, whatever your ability. Accomplished artist Jean Haines shares her passion for watercolours in this wonderfully practical book. Known for her exciting techniques and love of colour, Jean takes you on an inspirational painting journey on which you’ll encounter, amongst other things, magical watercolour flow, glorious washes, sunbursts, and a magnificent ‘hotting it up’ finale. With her simple exercises, clear advice and easy-to-follow projects, Jean pushes the boundaries and will alter the way you think about watercolours and painting for ever. With a selection of popular subjects, including animals, landscapes, buildings, flowers and people, there is something for everyone here, whatever their artistic ability.

**When We Disappear** Aug 27 2020 From the acclaimed author of *Girl in the Arena*, the story of a hit-and-run accident on an empty road that sets loose forces to tear a young girl’s family apart. With the disappearance of her father, Mona’s wrenching task is to make herself whole while holding on to her little sister and her mother, her dark secret memories, and her simmering fury.

**Refuge Recovery** Jul 26 2020 Bestselling author and renowned Buddhist teacher Noah Levine adapts the Buddha’s Four Noble Truths and Eight Fold Path into a proven and systematic approach to recovery from alcohol and drug addiction—an indispensable alternative to the 12-step program. While many desperately need the help of the 12-step recovery program, the traditional AA model’s focus on an external higher power can alienate people who don’t connect with its religious tenets. *Refuge Recovery* is a systematic method based on Buddhist principles, which integrates scientific, non-theistic, and psychological insight. Viewing addiction as cravings in the mind and body, Levine shows how a path of meditative awareness can alleviate those desires and ease suffering. *Refuge Recovery* includes daily meditation practices, written investigations that explore the causes and conditions of our addictions, and advice and inspiration for finding or creating a community to help you heal and awaken. Practical yet compassionate, Levine’s successful *Refuge Recovery* system is designed for anyone interested in a non-theistic approach to recovery and requires no previous experience or knowledge of

Buddhism or meditation.

*How to Paint Colour & Light in Watercolour* Dec 23 2022 A stunningly beautiful book that teaches you how to produce loose and expressive paintings, filled with colour and light.

Atmospheric Animals in Watercolour Aug 19 2022 The inimitable Jean Haines guides you, step-by-step, through breathing life into your watercolor animal paintings. From domestic cats and dogs to wild lions and giraffes, bestselling artist and author Jean Haines shows the reader how to bring a touch of life to their animal artwork. Known for the vibrant colors and exciting, innovative painting techniques that she brings to her work, Jean's latest book is a course that invites beginners and experts alike to share a journey through painting animals from around the world. Jean shares all the materials and techniques she uses, and provides a wealth of expert tips and advice as the reader progresses through the numerous step-by-step studies and projects. Scattered throughout the book are dozens of Jean's wonderful paintings; showcasing a veritable Noah's ark of different animals - artists of all abilities will find these inspiring and encouraging. Jean uses Daniel Smith materials in this book but other materials can be used to achieve similar results.

**Girl in the Arena** Sep 20 2022 As a modern gladiator's daughter, Lyn and her family live by the rules of the Gladiator Sports Association. But those rules can turn against you. When Lyn's seventh father dies in the ring, his opponent, Uber, captures Lyn's dowry bracelet-and her hand in marriage. To win her freedom, Lyn will do what no girl has done before: enter the arena and fight her father's murderer-even though she's falling in love with him.

Of Bears and Ballots Jan 20 2020 "This book will inspire people to work with and for their neighbors in all kinds of ways!" —Bill McKibben, author of *Falter* Heather Lende was one of the thousands of women inspired to take an active role in politics during the past few years. Though her entire campaign for assembly member in Haines, Alaska, cost less than \$1,000, she won! And tiny, breathtakingly beautiful Haines isn't the sleepy town it appears to be. Yes, the assembly must stop bears from rifling through garbage on Main Street, but there is also a bitter debate about the fishing boat harbor and a vicious recall campaign that targets three assembly members, including Lende. In *Of Bears and Ballots* we witness the nitty-gritty of passing legislation, the lofty ideals of our republic, and the way our national politics play out in one small town. With her entertaining cast of offbeat but relatable characters, the writer whom the Los Angeles Times calls "part Annie Dillard, part Anne Lamott" brings us an inspirational tale about what living in a community really means, and what we owe one another.

**Fire Born** Apr 22 2020 Alex Taleisin can't believe fighting for her life in the YMCA parking lot with something-not-quite-human; when she learns her family secret, that she is an Elemental, the long-lost daughter of a female warrior, with a dragon guardian named Collum. Enter an insane grandfather, a shifter with a hidden agenda, and a witch with a shoe addiction, and suddenly loner Alex is wishing for a quiet house in the hills with the dragon she's falling for -- at least a happy for now ending.

**The Girl Is Murder** Aug 07 2021 In 1942 New York City, fifteen-year-old Iris grieves for her mother who committed suicide and for the loss of her life of privilege, and secretly helps her father with his detective business since he, having lost a leg at Pearl Harbor, struggles to make ends meet.

Paint Yourself Calm Jan 24 2023 Discover the happiness benefits of putting brush to paper with a guide that puts judgment aside and "encourages simple enjoyment of painting" (*Library Journal*). Meditative, peaceful, and calming, watercolour painting offers a sense of control and self-worth to everyone, with no judgment or goal beyond the joy of painting itself. This book shows you how to calm and enhance your outlook through the movement of brush on paper. Master artist Jean Haines leads you through the journey, putting the emphasis on the joy of play rather than on pressure to perform or produce—and showing you how to wipe away your worries with the soothing, gentle strokes of watercolour paint. "Starting from the premise that everyone can paint, Haines frees readers of the goals and expectations of end results, and

encourages simple enjoyment of painting. Open-ended, detailed exercises guide readers through experimenting with paint to gain a sense of control; to relieve stress; to escape; or to be in a better mood. The emotional and psychological properties of color are discussed as are obstacles to creativity and happiness. . . . [a] unique blend of self-care and expression.”

—Library Journal

*Animal Abecedary* Feb 01 2021 This original animal alphabet series with its sophisticated imagery was created to appeal to adults but children delight in it as well. The book explores unusual imagery juxtapositions pairing alphabet letters with animals and unexpected objects beginning with that same letter. The series started when artist Leslie Haines discovered a human-faced walrus in an old engraving book. She was so drawn to that image that she felt inspired to create a visual story with the walrus as the central figure. The cicada-carrying cat was next, and from there, the rest of the alphabet was not far behind. Letterpress type, vintage engravings, original drawings, found objects, photography, and old book pages all mix together in collages that reveal original, inventive, and humorous scenarios. *Animal Abecedary* is truly a one-of-a-kind alphabet book that will bring hours of enjoyment and discovery to all ages.

**Hallowed Bones** Sep 27 2020 The southern Delta has never been more exhilarating, evocative, and wickedly funny than in the mysteries of Carolyn Haines. Now she takes readers on another rollicking ride across the Mississippi cotton fields and into the glamour of New Orleans...as P.I. Sarah Booth Delaney follows a winding trail of murder and deception into a world where ghosts make fashion statements—and where one person’s miracle is another person’s mayhem. The leaves of the calendar may be shedding faster than the sycamores on her family’s decaying Mississippi plantation, but thirty-something southern belle Sarah Booth Delaney isn’t ready to sing the blues. Not when she’s got a thriving detective agency and the outspoken, outrageously attired ghost of her great-great-grandmother’s nanny to keep her on her toes. But the matchmaking phantom may have the last word on motherhood when Sarah Booth takes on the controversial case of an accused baby killer. Although Doreen Mallory’s been arrested for feeding sleeping pills to her ten-week-old daughter, no one could accuse her of lacking faith. A healer who, tragically, couldn’t save her own baby girl, born with multiple birth defects, Doreen has her own crosses to bear. While the local law seems convinced of Doreen’s guilt, Sarah Booth isn’t so sure. But why is Doreen reluctant to talk about the men in her life? Like the televangelist who stands to lose a lot more than his flock. Or the married politician with family ties to the Mob. Either of them could be little Rebekah’s father; either of them could also be her killer. With Halloween approaching and her own personal life up for grabs, Sarah Booth could use a little faith healing herself. Torn between a married sheriff and an old flame who’s literally sweeping her off her feet, she’d better be prepared for the fallout of her most unpopular case yet. Justice may not stand a ghost of a chance as a decades-old secret explodes, unleashing a storm of fury on Sarah Booth and all those she loves. Witty, suspenseful, and featuring a cast of memorable characters, *Hallowed Bones* is a riveting tale of faith, murder, and maternal love. It is Carolyn Haines’s most accomplished novel yet.

**The Politics of Trauma** Dec 11 2021 An essential tool for healers, therapists, activists, and survivors of trauma who are interested in a justice-centered approach to somatic transformation *The Politics of Trauma* offers somatics with a social analysis. This book is for therapists and social activists who understand that trauma healing is not just for individuals--and that social change is not just for movement builders. Just as health practitioners need to consider the societal factors underlying trauma, so too must activists understand the physical and mental impacts of trauma on their own lives and the lives of the communities with whom they organize. Trauma healing and social change are, at their best, interdependent. Somatics has proven to be particularly effective in addressing trauma, but in practice it typically focuses solely on the individual, failing to integrate the social conditions that create trauma in the first place. Staci K. Haines, somatic innovator and cofounder of generative somatics, invites readers to look beyond individual experiences of body and mind to examine the social, political, and economic roots of

trauma--including racism, environmental degradation, sexism, and poverty. Haines helps readers identify, understand, and address these sources of trauma to help us bridge individual healing with social transformation.

**Paint Yourself Positive** Nov 22 2022 Bestselling international author and artist Jean Haines' new book takes readers on an exciting journey through painting. Not just a book for artists, this is for anyone looking for a way of enhancing their life and mood through paint. It's also a way into art for people who have never painted and may even have been told they 'can't paint' at an early age. If you love the idea of sitting down and playing with colour and paint as a distraction from the stresses of modern life, then this is the book for you! All of Jean's books have promoted the life-enhancing effects of painting, and this is especially relevant in *Paint Yourself Positive*. Whether you can already paint or not, the aim of the book is for you to create in a way that you find pleasing, increases your self-confidence and leaves you feeling energized. Jean will very soon have you wanting to pick up a paintbrush and start to paint - and loving every second of it.

*Touch is Really Strange* Jan 12 2022 Why can't we tickle ourselves? How can slow touch convey more powerful emotions than fast touch? How does touch shape our perception of the world? The latest addition to the *Really Strange* series, this science-based graphic comic addresses these questions and more, revealing the complexity of touch and exploring its power and limits. Used positively, touch can change pain and trauma, communicate compassion and love and generate social bonding. Get it wrong and it can be abusive and terrifying. Touch helps us feel real. Knowledge comes through our body as we engage with space and with others. Before we have language, our concepts are formed as we meet a world full of edges and textures. *Touch is Really Strange* celebrates the power of inward touch (interoception) and looks at how we can use skilful contact to promote feelings of joy, connection and vitality.

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