



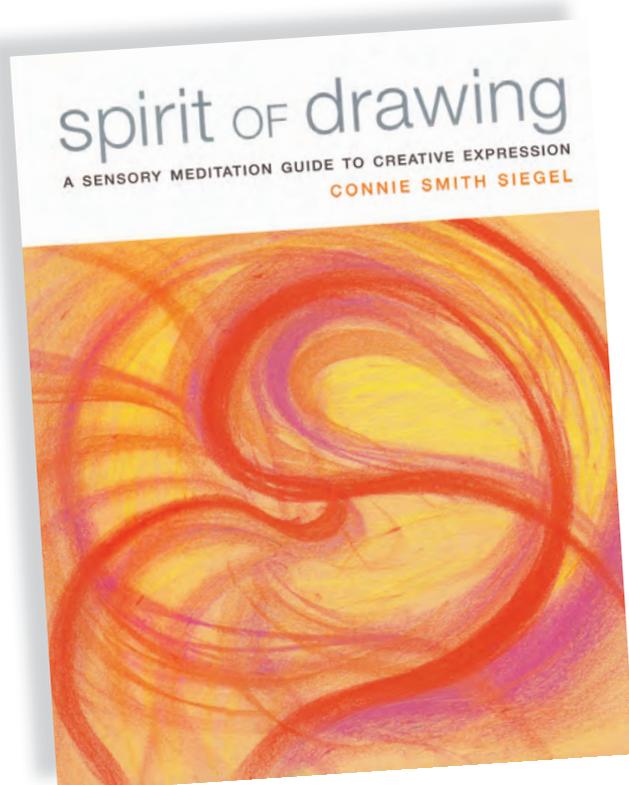
Reviews by Sue Mayfield-Geiger

Two great books to make your creative juices flow

Spirit of Drawing A Sensory Meditation Guide to Creative Expression

(Connie Smith Siegel)

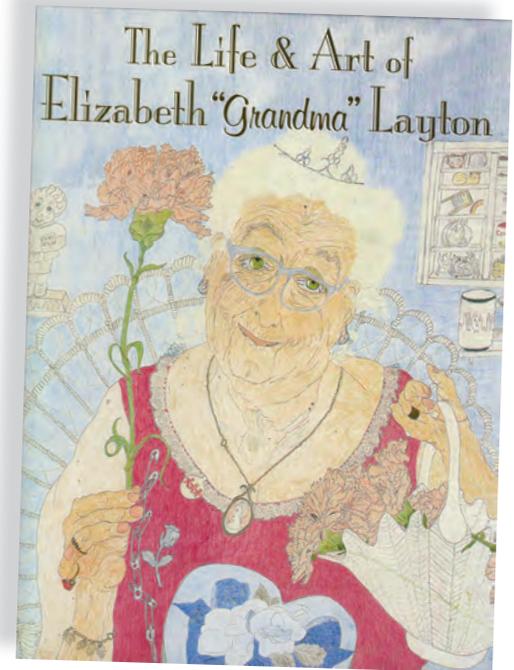
This book is an entirely new approach to drawing that combines meditation, expressive therapy, and hands-on exploration with drawing media in a series of engaging experiments. It is written as an invitation to adventure – not as a manual of instructions or techniques for improvement, but as a map of discovery. Artists learn to use sensory awareness to guide their hand toward the movements, shapes, and colors that express what they are feeling. Siegel’s methods work for all people: those classically trained artists or those just learning. Believing deeply in the healing potential of creative expression, and drawing in particular, Siegel combines art instruction and art therapy to offer a rich pathway to self-expression. You will also begin to understand the creative source



of masterworks through dozens of stunning examples in both color and black/white. Chapters like “Drawing from the Inside,” “The Sense of Touch,” and “The Magic of Seeing” are sure to unleash the inner artist in everyone.

The Life and Art of Elizabeth Layton

(Don Lambert)



She was a 68-year-old grandmother living in Wellsville, Kansas who felt she had two choices: take an art class or end her life. As bizarre as that may sound, Layton was suffering from deep depression, sleeping up to 20 hours a day. Divorced and the mother of five, she struggled to make ends meet. When her children were grown, her psychosis began. After 13 shock treatments, prescription drugs, therapy and the death of one of her sons, she felt unworthy and alone. Even her second husband tried valiantly to help her.

When her sister suggested she enroll in an art class, her dark world disappeared. The method of “contour drawing” would be her savior. In class she learned to use the technique of “blind” contour drawing in which the artist looks at the paper only for points of reference, concentrating on the subject reflected in the mirror rather than the line being drawn on the paper. Every day Layton worked at creating self-portraits that reflected her response to contemporary social issues. Her work dispels the myths and misconceptions of old age. She examines personally and unexpectedly painful subject matter that rejects the stereotypical image of a grandmother. These drawings reveal the expectations of the wide-eyed child, the young girl filled with vitality, the wife and lover, the nurturing parent, and a strong-willed and opinionated social activist.

Art became more than therapy for Layton – it saved her life. Her drawings and writings have enriched the lives of countless others and have been exhibited at the Smithsonian’s National Museum of American Art, and in more than 200 art museums and centers throughout the U.S. 