



Painting from the Inside Out: 19 Projects and Exercises to Free Your Creative Spirit

Betsy Dillard Stroud

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Artists can sometimes feel as though they're in a creative rut. With *Painting from the Inside Out*, readers will use fun and inspiring exercises to break out of that rut and create exciting, innovative paintings every time they pick up a brush. Each chapter highlights a particular aspect of creative painting such as "Zen painting" warm-ups, abstract landscape exercises, and projects that combine more than one medium. Each new lesson helps readers think about art in new and imaginative ways, then render such imaginings with a variety of useful techniques.

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