



# Life, Paint and Passion

Michele Cassou, Stewart Cubley

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**Life, Paint And Passion** is a deeply involving approach to using the creative process as a tool for self-discovery. With vibrant and contagious enthusiasm, the authors liberate the reader's urge to create freely and spontaneously, as a painter or an artist in another medium, purely for the process of exploration, not for result.

With eloquence and simplicity, the authors encourage the reader to journey inward toward his or her authentic self and discover the unique intuition awaiting there. It is this intuition that provides all the tools the reader needs to crumble the barrier between the innermost self and its uncensored manifestation.

Through lively interviews with students, the authors explore painting as a practice that facilitates the ecstasy of unfettered expression. With simple brushes, a few dishes of paint, and this book, the reader will be able to coax the hidden self out of the heart and onto a paper.

**Life, Paint And Passion** is the result of nearly thirty years of intensive work with the painting process. It provides powerful insights into the act of creation, a solid base for facing and transcending creative blocks, and brings fresh perceptions and healing to life.



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