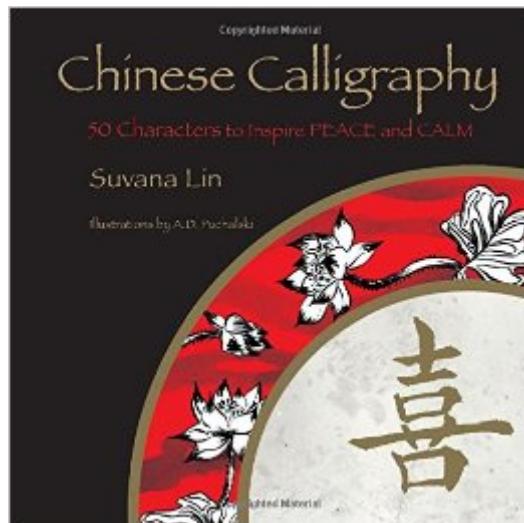


The book was found

Chinese Calligraphy: 50 Characters To Inspire Peace And Calm - Includes Book & Practice Journal



Synopsis

For centuries, scholars have viewed Chinese calligraphy as a regimen, a practice of calming the mind and nurturing the heart. It is viewed not only as a way to release stress and build patience but also as a path to self-development. It takes time and care to slowly grind the solid inkstone into liquid ink. It encourages good hand-eye coordination to execute the brushstroke. Chinese calligraphy has increased much in popularity nowadays, particularly among the younger generation. It has gained importance as a visual art form that is heavily influenced by culture and heritage. It is an art that most people can enjoy with minimal requirements - ink, brush, and paper. The fifty characters that were chosen all evoke a sense of peacefulness. The book is separated into three sections, with each section emphasizing elements that may affect our state of mind: Nature, Emotion, and Enlightenment. Nature is all around us, greatly impacting our lives. A. D. Puchalski's lovely illustrations help to complement and illuminate the fact that we can find nature in all things. The characters selected for the Emotion section highlight those emotions that, when cultivated, will benefit our overall mental well-being. The characters in the Enlightenment section emphasize the relationship with oneself, and help us recognize how fortunate we are that we can acquire new skills and develop our infinite potential for personal growth. Chinese Calligraphy is bound in a handy slip case to keep the book and journal bound together. The binding of the book allows it to lay flat for easy reference while you craft your characters. By focusing on each individual brushstroke as you practice writing these calming characters, you will learn to appreciate the joy of Chinese calligraphy. It will also help clear and quiet your mind to the noise of your daily life.

Book Information

Hardcover: 144 pages

Publisher: Wellfleet Press; Spi edition (October 4, 2016)

Language: English

ISBN-10: 1577151305

ISBN-13: 978-1577151302

Shipping Weight: 1.7 pounds (View shipping rates and policies)

Best Sellers Rank: #2,029,188 in Books (See Top 100 in Books) #701 in Books > Arts & Photography > Other Media > Calligraphy #8379 in Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups #51874 in Books > Crafts, Hobbies & Home > Crafts & Hobbies

[Download to continue reading...](#)

Chinese Calligraphy: 50 Characters to Inspire Peace and Calm - Includes Book & Practice Journal

Calligraphy Step By Step: Learn Calligraphy In 3 Days With 30 Handwriting Exercises: (Calligraphy for kids, Typography, Hand Writing, Paper Crafts, Thank ... Calligraphy And Illumination, Drawing)) Calligraphy: One Day Calligraphy Mastery: The Complete Beginner's Guide to Learning Calligraphy in Under 1 Day! Included: Step by Step Projects That Inspire ... Photography Media Video Graphic Design) Chinese books: Jojo's Playful Day in Chinese (Simplified Chinese book) Chinese book about a curious elephant: Bedtime Story for children in Chinese (Kids ... (Chinese beginner reading books for kids 1) I Love to Tell the Truth (chinese english bilingual, chinese children stories, mandarin kids books): mandarin childrens books, bilingual chinese (Chinese English Bilingual Collection) (Chinese Edition) I Love to Share (mandarin childrens books, chinese baby books): kids books in chinese, chinese children stories, mandarin kids (Chinese Bedtime Collection) (Chinese Edition) Childrens book Chinese : Gifts for my Mother - Bedtime kids Story Chinese book for children (Kids ages 3-9): Chinese book for children to celebrate Mothers (Chinese beginner reading books for kids 7) I Love to Eat Fruits and Vegetables (Chinese children's books, Chinese Bilingual children's books,): english chinese kids, mandarin kids books, ... Bilingual Collection) (Chinese Edition) Balance and Calm: Adult Coloring Book Art Therapy for Grownups (Adult Coloring Books, Balance Coloring Book, Calm Coloring Book) (Volume 1) Ornate Pictorial Calligraphy: Instructions and Over 150 Examples (Lettering, Calligraphy, Typography) Calligraphy: The Definitive Guide Learn Top Calligraphy Techniques and Master the Art of Lettering - 2nd Edition Medieval Calligraphy: Its History and Technique (Lettering, Calligraphy, Typography) Mastering Copperplate Calligraphy: A Step-by-Step Manual (Lettering, Calligraphy, Typography) Left-Handed Calligraphy (Lettering, Calligraphy, Typography) Modern Calligraphy: Everything You Need to Know to Get Started in Script Calligraphy Calligraphy for Beginners: Learn Calligraphy Alphabets, Lettering, Drawing & More! Tuttle Chinese for Kids Flash Cards Kit Vol 1 Simplified Ed: Simplified Characters [Includes 64 Flash Cards, Audio CD, Wall Chart & Learning Guide] (Tuttle Flash Cards) (v. 1) Inspire Bible NLT: The Bible for Creative Journaling (Inspire: Full Size) Cross-Stitch to Calm: Stitch and De-Stress with 40 Simple Patterns (Craft To Calm) Crochet to Calm: Stitch and De-Stress with 18 Colorful Crochet Patterns (Craft To Calm)

[Dmca](#)