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Clic Human Anatomy The Artists

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This essential companion book to the bestselling Classic Human Anatomy provides artists and art students with a deeper understanding of human anatomy and different types of motion, inspiring more realistic and energetic figurative art. Fine-art instruction books do not usually focus on anatomy as it relates to movement, despite its great artistic significance. Written by a long-time expert on drawing and painting human anatomy, Classic Human Anatomy in Motion offers artists everything they need to realistically draw the human figure as it is affected by movement. Written in a friendly style, the book is illustrated with hundreds of life drawing studies (both quick poses and long studies), along with charts and diagrams showing the various anatomical and structural components. This comprehensive manual features 5 distinct sections, each focusing on a different aspect of the human figure: bones and joint movement, muscle groups, surface form and soft tissue characteristics, structure, and movement. Each chapter builds an artistic understanding of how motion transforms the human figure and can create a sense of expressive vibrancy in one's art.

Why should your little one study anatomy? Because it's a prerequisite in life that body parts are identified, along with their uses. The purpose of this coloring book is to encourage understanding of anatomy while improving memory in every stroke. Coloring has the power to make that possible because it is a unique hands-on activity that creates imprints in the brain. Secure a copy now!

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Following in the footsteps of the success of *The Completion Process*, bestselling author and modern spiritual leader, Teal Swan offers an in-depth exploration and understanding of loneliness. Drawing on her extraordinary healing technique; the Connection Process Teal offers a way to experience connection once again. Loneliness is reaching endemic proportions in our society, reflected by rising suicide rates and increased mental illness. Now, more than ever we need to find a way to connect. Loneliness, is a feeling of separation or isolation, it is not necessarily the same as the physical state of being alone. This book is for people who suffer from loneliness, the kind that cannot be solved by simply being around other people. Their aloneness is a deeply embedded pattern that is both negative and painful; it is often fueled by trauma, loss, addiction, grief and a lack of self-esteem and insecurity. In *The Anatomy of Loneliness*, Teal identifies the three pillars or qualities of loneliness: Separation, Shame and Fear and goes on to share her revolutionary technique; The Connection Process, a form of intuitive journeying, usually involving two people a "receiver" and a "journeyer". Through a series of exercises each person experiences "walls" and "blockages" as they move through the process both participants face their fears learning from these to reach a place of

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unconditional love and acceptance.

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