



# **Healing Art - How Art Heals And Helps Inspire You To Beat Depression Naturally: The Fourth Step To Beat Depression Naturally (10 Steps To Beat Depression Naturally Book 4)**

*Debbie Webb*

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Art Heals

When last did you pick up a crayon or coloured pencil and just coloured in?

When last did you have a large blank piece of paper and decide you're going to just fill it up with colours, magazine cut-outs and anything else you can find?

It's within us to create - we create daily by making dinner, making our beds, making ourselves look good, creating a special space for ourselves - all this is creating. We are creative beings. Somewhere along the track, we started to judge what we were creating art wise, and made a decision that we were either good at it or not good at it. So, in this book, I'm encouraging you to pick up your pencil again and begin to create.

Why you ask? Well, one very effective way to make things right with your world is to create. It nurtures an inner peace within you. It is a form of meditation without you even being aware of it, and it nurtures your soul. It is a very positive step to eliminating depression and anything else that is not flowing in your world. So, if you are feeling disconnected and want to help yourself to find balance, this book is for you.

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