



Wild Surrender: a journey into painting, poetry, and life

Mindy Lacefield

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Wild Surrender: a journey into painting, poetry, and life Mindy Lacefield

Wild Surrender is an exploration into mixed media with Mindy Lacefield. She marries poetry with art and in the end what is revealed is a soulful foundation....that is tender and raw. Also included in this book are tutorials to how to paint a face and colors used as well as journal and painting prompts. There are lots of surprises including over 200 pieces of works throughout her art career. This is truly an inspirational book with truths about her childhood and how she achieves clarity and oneness through stillness mediation.

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