

Download Eco Art Therapy Creative Activities That Let Earth Teach

Over the years I created an extensive collection original experiential art and nature activities that anyone of any age can use for personal healing and self-discovery. The philosophy, process and activities are documented in my book, "Eco-Art Therapy: Creative Activities that let Earth Teach" .Dr. Theresa Sweeney was internationally recognized for founding Eco-Art therapy. Artist, educator and author of "Eco-Art Therapy: Creative Activities that let Earth Teach", she was on a mission to reconnect people with the purity, wisdom and spirit of nature within and around us. Far more than a self-help book, Eco-Art Therapy - Creative Activities that let Earth Teach is a self-help lifestyle. Chock full of stimulating quotes, inspiring pictures and restorative exercises this manual provides unparalleled transformation. The search for answers can be a frustrating one. New Book Eco-Art Therapy: Creative Activities that let Earth Teach