

Paint From the Heart
A Step-by-Step Guide to Communicating Without Words

DEDICATION

This book is dedicated to all the wonderful students I've had the privilege of working with over the past thirty years.

To the students I've had the pleasure of teaching both in my studio and in school settings, particularly those of you who find comfort and calm through painting as you work through challenges that affect your daily lives.

To individuals living with learning exceptionalities, I have enjoyed watching your self-confidence and skills develop. Each and every day you prove that the sky is truly the limit. You are strong, talented, and amazing individuals.

To all my adult and senior students whose experiences, knowledge, and wisdom shine through in their paintings, especially those of you who are affected by illnesses such as dementia. Thank you for allowing me to be a part of your journey and to help you find your voice through the paint and colour of your work.

All of you have inspired me and taught me more than you will ever know. It is not the words, but the expressions on your faces—your smiles and your pride when you create your paintings—that will last forever. It is my sincere hope that this book continues to encourage and touch people's hearts as you have touched mine.

Last but not least, to my husband Sam, and my daughters Nina and Joanna. Without your endless support, belief, and honest criticism, none of this would be possible. Thank you.

You all are the reason that *Paint From the Heart* came to life.

