

5 Benefits of Tapping Unused Brain Power ...through Art!



Even if your art is so bad it never made it to your mom's fridge, you can learn to draw. The extensive gains that come from accessing that unused portion of your right brain are far reaching.

Did you know that utilizing your dormant right brain can uncover amazing potential you didn't even know you have? Sandra Angelo specializes in taking a novice from stick figures to artist in 90 days or less with her *Arm Chair Art Classes™* called *So You Thought You Couldn't Draw™*, a 150 page workbook and its 4 companion DVD's. The far-reaching benefits are astonishing.

1 Relax with a Stress Buster. 75% of all doctor visits are stress related such as life threatening heart attacks, high blood pressure and cancer. Additionally, doctors are linking anxiety to conditions such as asthma, allergies, migraines, ulcers, bowel and skin problems.

Research from Stanford University reveals that *art distracts you from focusing on anxiety*. Drawing ushers you into a serenity zone where stress melts away. Unlike sleep, where you can process anxiety with nightmares, grinding teeth, tossing and turning; in the art zone, you enter a peaceful refuge where angst can't reach you. The worries of your world dissolve and when you return, you are refreshed. *It's like an instant vacation.*

2 Unleash Creativity and Possibility Thinking. Research at **Stanford University** reveals that *the act of creating art influences brain wave patterns*. When you begin to draw, it's as if you wake a sleeping giant within; a huge resource that you may not have tapped. Because American schools offer very little right brain learning, you might not have explored your creative side. Throughout her 16 years of cultivating talent in non-artists, Angelo has watched as creativity generalized, spilling into all areas of students' lives. People who had persistent blockages were suddenly seeing and implementing solutions that had seemed invisible before their imagination was unlocked.

3 Exercise your Brain. At **Columbia University**, two groups of children were tested, one exposed to high levels of art and the other had limited exposure. The **high arts students outperformed in many arenas**. In fact additional research shows that when you draw, you link dendrites between the right and left hemispheres of the brain. An **autopsy on Einstein revealed thousands of dendrite connections because he utilized his whole brain**. The more you operate the right brain, the more dendrites you link, enhancing and improving your ability to function with your whole brain. **Like any muscle, the more often you exercise, the better you function. Challenges provided by art keep the brain youthful, engaged and active.**

4 Solve sticky problems. For 10 years **Dr. Robert Reed**, a psychologist has actually been prescribing *So You Thought You Couldn't Draw™*, Sandra Angelo's 150 page workbook and its 4 companion DVD's, in combination with EMDR, a rapid eye movement therapy. Some patients who were locked in analysis for 25-30 years suddenly achieved breakthroughs in just 6-8 weeks. Changes were dramatic and long lasting.

Dr. Robert Reed, Psychologist says:

Sandra Angelo's book and DVD's are sitting right here, on top of my pile of psychological material. Her method is nothing short of magic! When I introduced folks to Sandra's drawing system they met with rapid, impressive success, triggering a tremendous upswing of self esteem and self confidence. Where they previously felt sorely deficient and cheated out of talents that others enjoy, they now experienced phenomenal artistic achievement. This triumph over a previous nemesis, spilled over, giving them self assurance in other areas of their life. Sandra's system not only released their mental blocks, but people went sailing away, doing great... they took off in life!

5 Boost Self Esteem.

Therapist **Dr. Robert Reed** states that **low self esteem is a rampant issue**. When his clients learned to draw, he noticed that the **satisfaction derived from cultivating their talents** and conquering a former nemesis, **imbued them with a new sense of confidence** and self assurance. Their artistic success generalized, spilling into other areas of their life.