

The Power of Creating

By Tanmayo, 2012

Jill 'Tami' Nulty she is a qualified art therapist and has been a professional member of ANZATA since its early beginnings. She has a BA from the University of Queensland and graduated with a MA in Expressive (Art) Therapies from the University of Louisville, Kentucky, USA.

Tami is also an abstract artist painting under the name of Tanmayo. Her paintings are in notable collections including Caltex, AMP (Waterfront Place), DLA Piper and Griffith University, Brisbane. She also has won a number of national prizes and has exhibited in USA, India and Australia. She paints full time at her Buderim Art Studio.

Tanmayo's paintings are richly sensuous and vibrant. She experiments with space, juxtaposing flat planes of spacial expression with interludes of seductive colour.

Tanmayo has just published her book *The Power of Creating*. This book gives you a framework for creating. She combines anecdotes from her life, her art and her art therapy career. The book is a forty-year retrospective of her paintings. In it she also discusses the difference between art and art therapy and gives the reader an understanding and appreciation of abstract art.

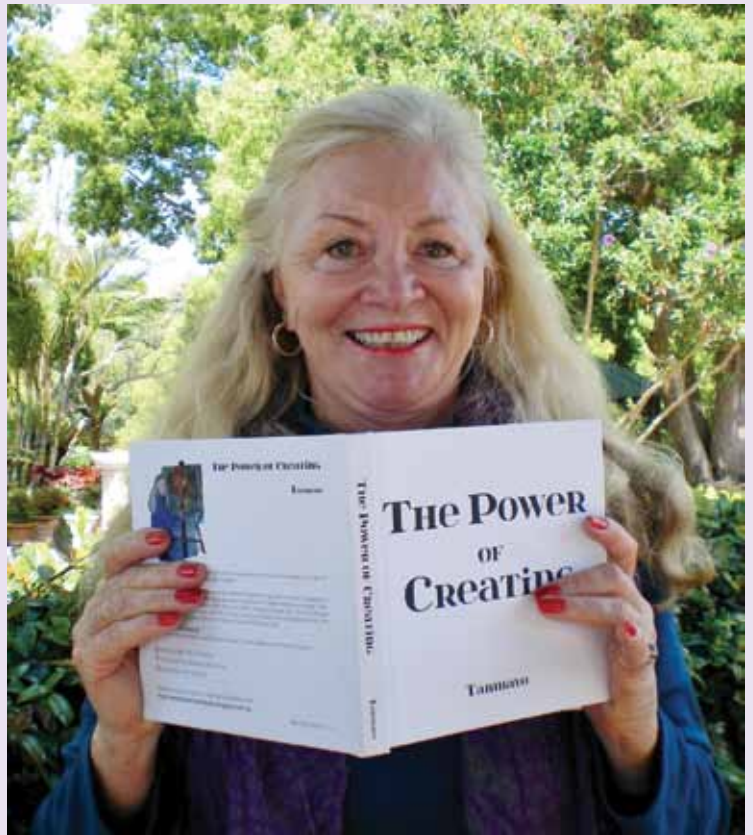
Tanmayo explains that "*The Power of Creating* is for people who love art and want to understand it better. In this book I demonstrate to you, the reader, through my own experience and artwork how to:

- Journey through a life of creating over forty years
- Find out how to understand abstract art
- Stimulate your own creativity and enjoyment of art."

A lack of understanding of abstract art has created a public bias that has affected the credibility of this art form. It is often seen by the general public as not being 'good' art. 'Even a child could do better' has been heard directed at the world's most celebrated abstract art.

This book is for people who are creative and want to use this creativity and also for those who love art and want to understand it better.

"If there is one person who learns to appreciate abstract art more and enjoys it better, then I have achieved my aims", says Tanmayo.



Tanmayo with her book, *The Power of Creating*

To find out more about Tanmayo and about this book...

- To preview 15 pages of the book you can visit: <http://au.blurb.com/books/3457759>
- To view a short film about Tanmayo by Natalija Bunrovs: www.youtube.com/watch?v=FQ2MzRmKBA
- Visit Tanmayo's studio at www.buderimartstudio.com and even follow her blog on: www.buderimartstudion.blogspot.com.au

