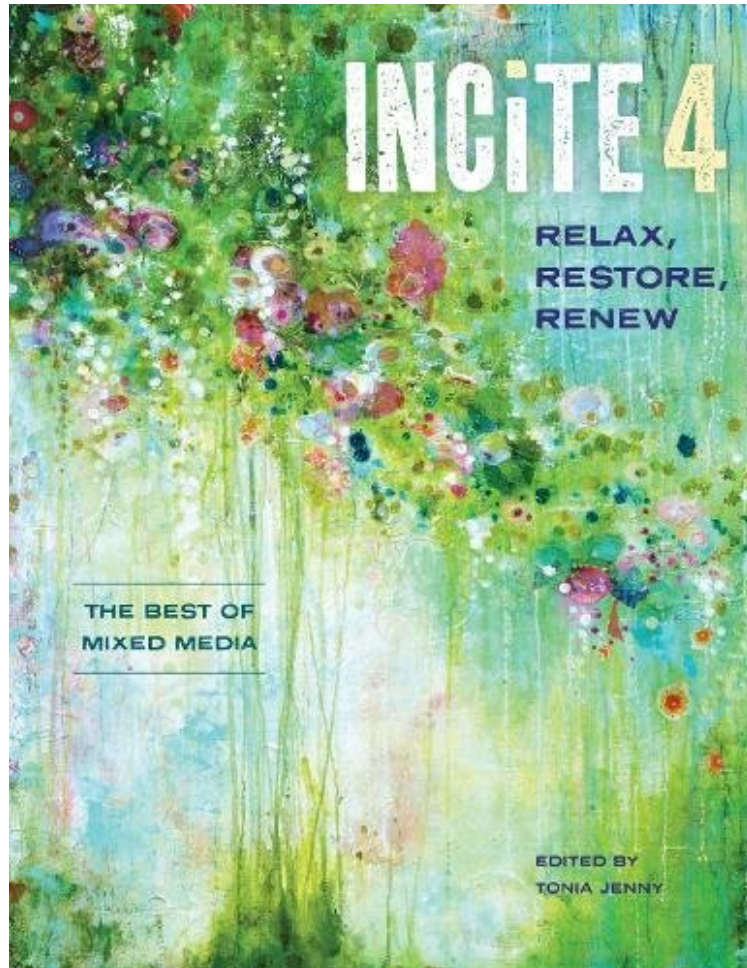


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## Incite 4: Relax Restore Renew (Incite: The Best of Mixed Media)

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Slow down... let go... recharge... The process of art-making has long been known to have meditative and healing effects on the mind, body and soul. In *Incite 4: Relax, Restore, Renew*, 120 artists from around the globe share the most restorative and revitalizing aspects of their art-making through painting, collage, encaustic, art journaling, jewelry art and more. The 158 pieces of mixed-media art showcased in the fourth edition of *Incite, The Best of Mixed Media* will realign your inner balance and awaken your creative spirit. In turn, they will help you to gain a new appreciation for the role art plays in your life, while inspiring you to create unique artwork of your own.