Carol Edmonston

SPEAKER, AUTHOR, ARTIST

THE DOODLE LADY™ EXPLAINS HOW YOU CAN DRAW AWAY EVERYDAY STRESS

If you want to get a handle on stress, why pop a pill or pour a drink when you could pick up a pencil, a crayon, or a pen and start doodling! So says Carold Edmonston, known as The Doodle Lady.

She shares her mindful methods for releasing stress and calming fear in her new book, The Healing Power of Doodling. Edmonston says, "The artistic expression of doodling is a way to weave ancient wisdom into everyday life by making the present moment sacred."

Edmonston is an author, speaker, artist and pioneer in teaching how the creativity of doodling improves quality of life. She has twice conquered breast cancer and now shares her inspiring message and techniques with audiences of all ages. Learn more at TheDoodleLady.com

Edmonston is the author of two other books: Connections: The Sacred Journey Between Two Points, Create While You Wait, and also has a DVD entitled Sacred Doodles. She has been profiled in The New York Times and has appeared in Women's World and other publications. She has written numerous articles for various publications, including The International Journal of Healing and Caring. Her story appears in Chicken Soup for the Breast Cancer Survivor's Soul. Carol received her B.S. in physical therapy from the University of Southern California.

STORY IDEAS

- Can Doodling really change my life? Discover 5 Powerful Benefits
- The Upside of Cancer...Finding Joy in the Midst of Chaos
- Take Five: Release Stress in 5 Minutes or Less
- How to Use Doodling to Prevent Meltdown and Burnout
- What are Sacred Doodles and How Do They Nourish the Soul
- How Creativity Can Help Cope with a Crisis
- It’s True: Doodling Saved My Life
- Parents! How to Slow Down Your Hyperactive Kids