

Emily Suárez

oil, watercolor, acrylic
PSA member since 2019

"The Highlands" depicts a neighborhood scene that I pass by on my daily walks around Pasadena. I love to use bright, vibrant color to convey the energy and emotion of a place. While I typically work in fine detail, I'm exploring loose, more gestural brush strokes in my most recent work. I've really been enjoying the freedom of this way of painting. I want to bring the viewer up close with the natural world through my work, and I hope my paintings are a reminder to appreciate the beauty of nature that surrounds us.

Bio: I'm an artist, author, and illustrator who grew up in northern Virginia, and I now work from my home studio in Pasadena, CA. I paint as a form of meditation, and have experienced the therapeutic benefits of art-making. I'm very interested in the intersection of art and health, as I explore the healing powers of a creative practice.

My big accomplishment this year was having a book that I wrote and illustrated published, called [*The Healing Journal: Guided Prompts & Inspiration for Life with Illness*](#). *The Healing Journal* is a guided journal for coping with chronic or invisible illness, and it's illustrated with my watercolor botanical paintings. You can find it wherever books are sold.

My paintings have recently been featured in *Create! Magazine*, *Candyfloss Magazine*, as well as exhibitions at Brea Gallery, TAG Gallery, realART, Palos Verdes Art Center, and Sanchez Art Center.

www.EmilySunez.com