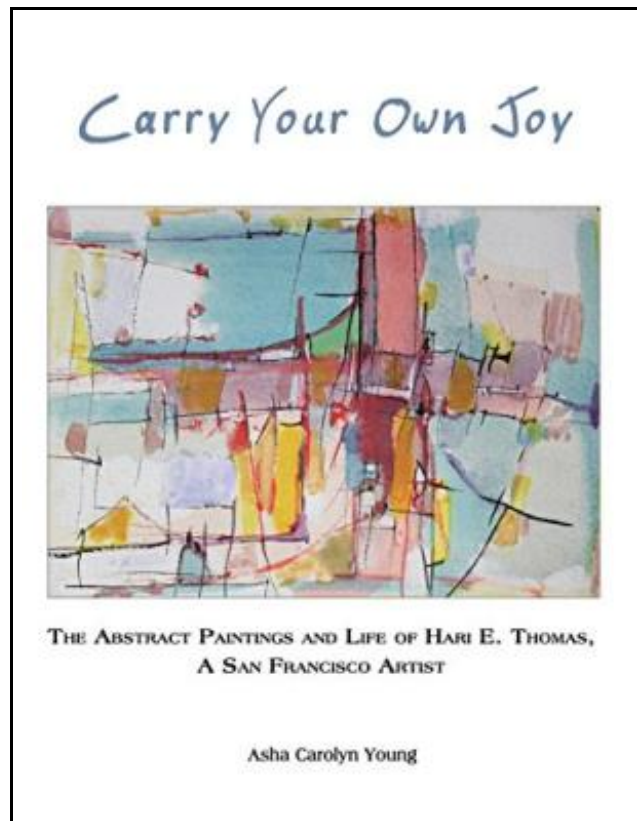


## Carry Your Own Joy: The Abstract Paintings and Life of Hari E. Thomas, a San Francisco Artist



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## CARRY YOUR OWN JOY: THE ABSTRACT PAINTINGS AND LIFE OF HARI E. THOMAS, A SAN FRANCISCO ARTIST

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Flowering Light Books, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Beloved for his free spirit, humor and incredible counseling skills, Hari E. Thomas (1938-2011) was a gifted and prolific abstract painter who left a legacy of truly beautiful, colorful, uplifting, mixed media works, mostly on paper. Born in Des Moines, Iowa, Hari moved to San Francisco in 1969, the Summer of Love, and he remained a resident there for over 40 years. Always wary of egotism and intent on subduing his own ego, Hari rarely showed his paintings in the later half of his life, hence he is unknown as a painter except with close friends and family. Presented here are 105 painting reproductions, together with Hari's life story based on interviews with his closest friends and family, and on the author's memories of him. A shining star in art throughout his childhood, Hari also studied Art at the university level, first at Drake University in Des Moines; where he received a B.F.A., and later he obtained an M.F.A. at San Francisco State University (SFSU). An African American with some Native American ancestry, Hari focused on African Art while at SFSU, as well as Art Theory and Art Education. He was a natural born educator and counselor, and after graduating, he taught subjects in Art at San Francisco City College for a couple of years before settling into a career as a counselor, in which he truly excelled. Hari was a spiritualist and freethinker who read copiously, meditated regularly, and shared with others what he learned. He believed in a holistic approach to life, was a staunch vegetarian, and advised others in a myriad of ways, from nutrition to relationship and career issues. In...



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