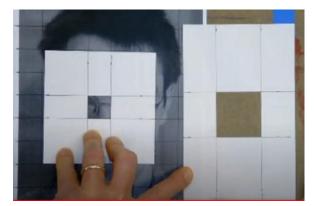
WAYS to HELP YOUR BRAIN limit the amount of visual info it must sort and process every time you look at your photo and canvas.

Work from a **black-and-white** source photo...

Make and use windows, viewfinders, blinders...



Turn your photo and canvas upside-down or sideways...

Use cards, tape, or strips of paper...

Cut your gridded photo **into pieces**, put them into an envelope or bag, and work from **one piece at a time**.



