



MARY MARQUISS

A R T I S T | A U T H O R



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Mary Marquiss has been an art teacher and artist for thirty years, and is the forthcoming author of 'Behind the Painting – An Artist's Memoir'.

Through serious life challenges, including divorce, family suicide and cancer, Marquiss discovered a relationship with her art in the form of a circular language. If you have ever faced what felt like insurmountable life challenges, her stories and paintings will inspire you.

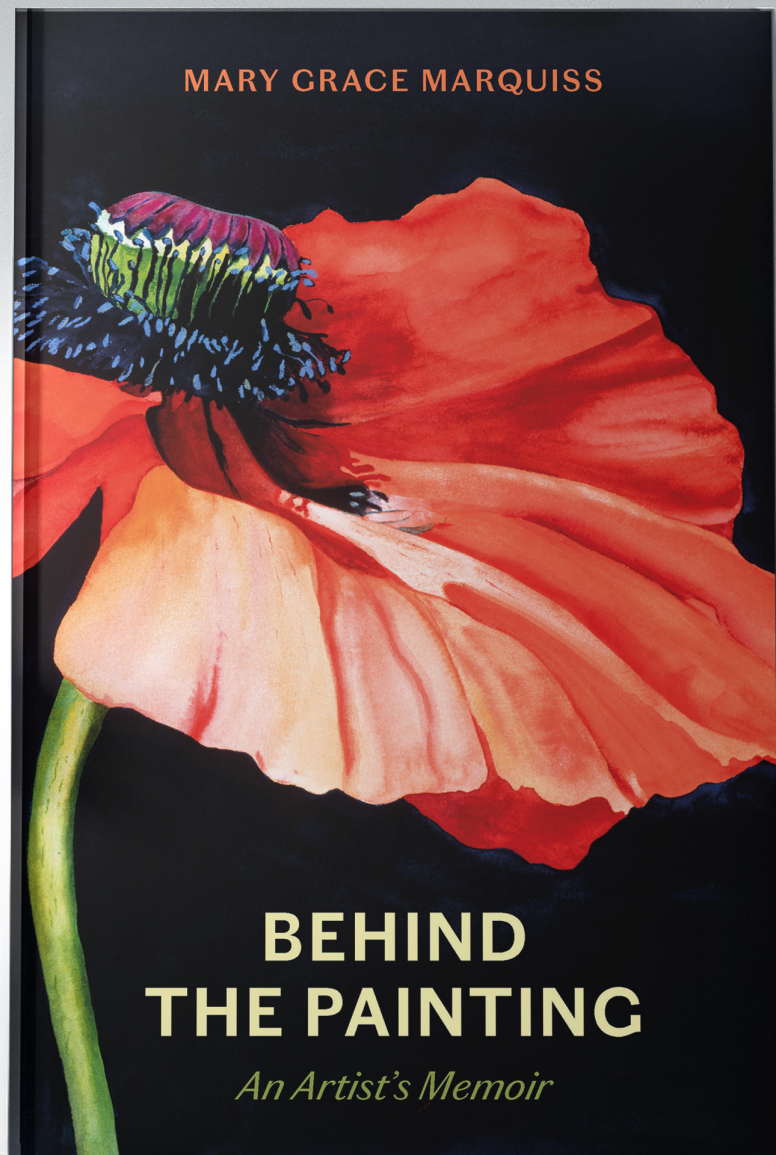
With a degree in psychology, and both an artist and writer, the most provocative element to her paintings is their personal content.

Marquiss is pronounced "Mark-wiss".

In this intimate memoir, artist and writer Mary Marquiss tells the personal stories that inspired ten of her paintings. Created across three decades, each work is in response to both the light side of life and the serious challenges she navigated, including divorce, family suicide, a stroke and cancer. Her art and stories are interwoven. They chart the course of a woman on the road to adventure and deeper self-discovery.

Behind the Painting shines a light on the artist's process and is a testament to the transformative power of creativity, revealing how the deepest emotions can be forged into lasting beauty.

BEHIND
EVERY
PAINTING
THERE IS
A STORY.



'Marquiss has crafted a one-of-a-kind collection that expertly captures both the light and the dark of the human experience. What an extraordinary gift for us all.'

- Cherie Kephart, award-winning author of *A Few Minor Adjustments*



CHAPTER FIVE

Freedom in Paris

"Without leaps of imagination, or dreaming,
we lose the excitement of possibilities."

Louisa May Alcott

While in Paris staying at the Lenox Hotel on Rue de l'Université, I discovered the Hôtel de l'Université across the street. Both hotels were positioned in a quiet area on the left bank of Paris, surrounded by shops full of antiquity, and only a short walk to the Musée d'Orsay. The Hôtel de l'Université was established in the seventeenth century by a wine merchant who built it as his private mansion, which is why it looked and felt more like a lovely secret residence than a hotel. I decided to venture across the street and check it out.

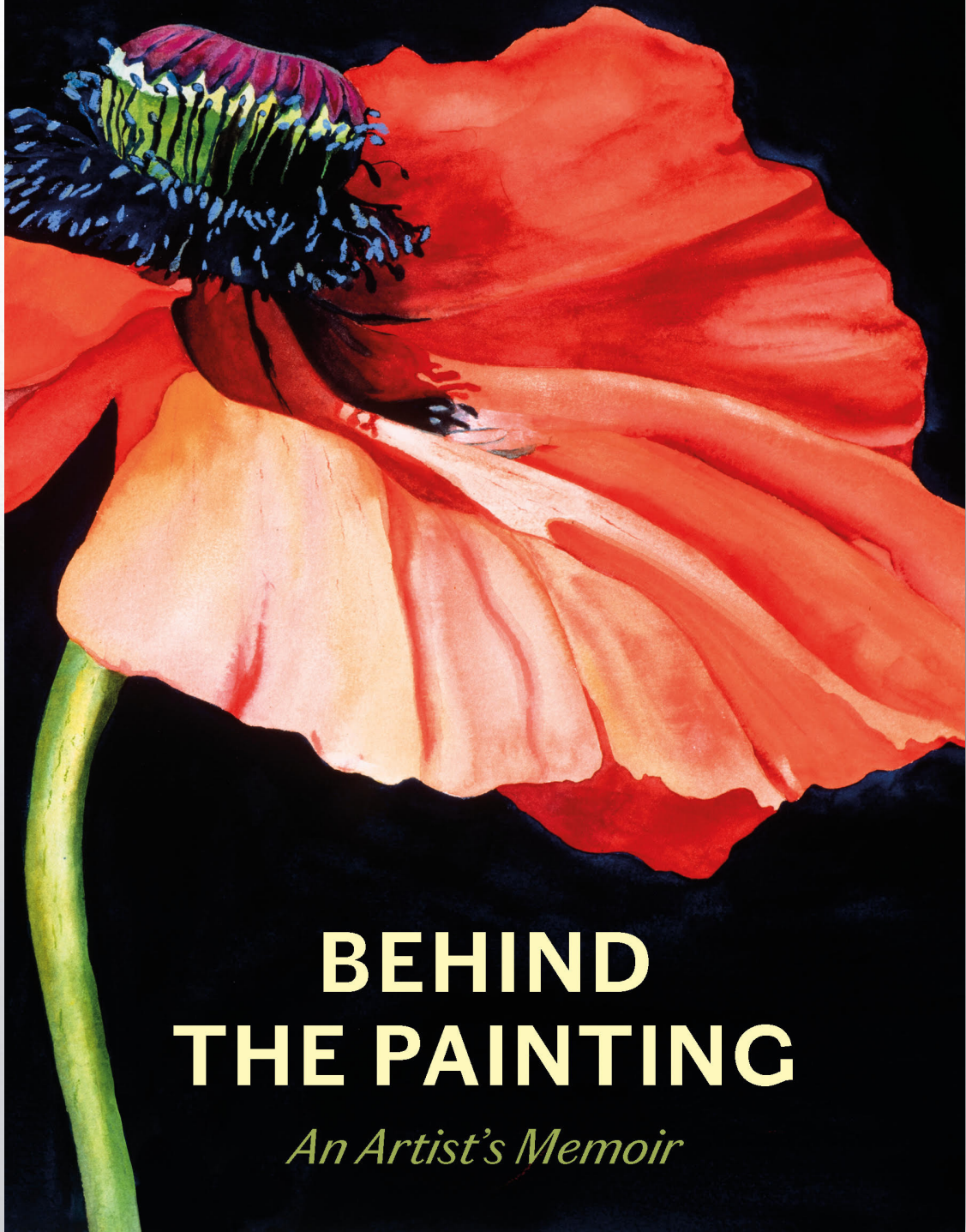
I opened the heavy wooden door and stepped onto well-worn stone; the entry opened onto a massive lobby with high ceilings and dark, masculine wood. A wide spiral staircase curved up from the lobby, which led to three floors and twenty-seven rooms. The reception area to the left of the grand staircase had a high desk that dwarfed the gentleman standing behind it, so I could only see him from the shoulders up. A glass atrium infused light onto a long wooden table where men were digesting both the morning news and *le petit déjeuner*.

FREEDOM IN PARIS

57

COVER ART

MARY GRACE MARQUISS



BEHIND THE PAINTING

An Artist's Memoir

INTERIOR ART EXAMPLE - CHAPTER ONE

Warming Up
Watercolor



INTERIOR ART EXAMPLE - CHAPTER NINE

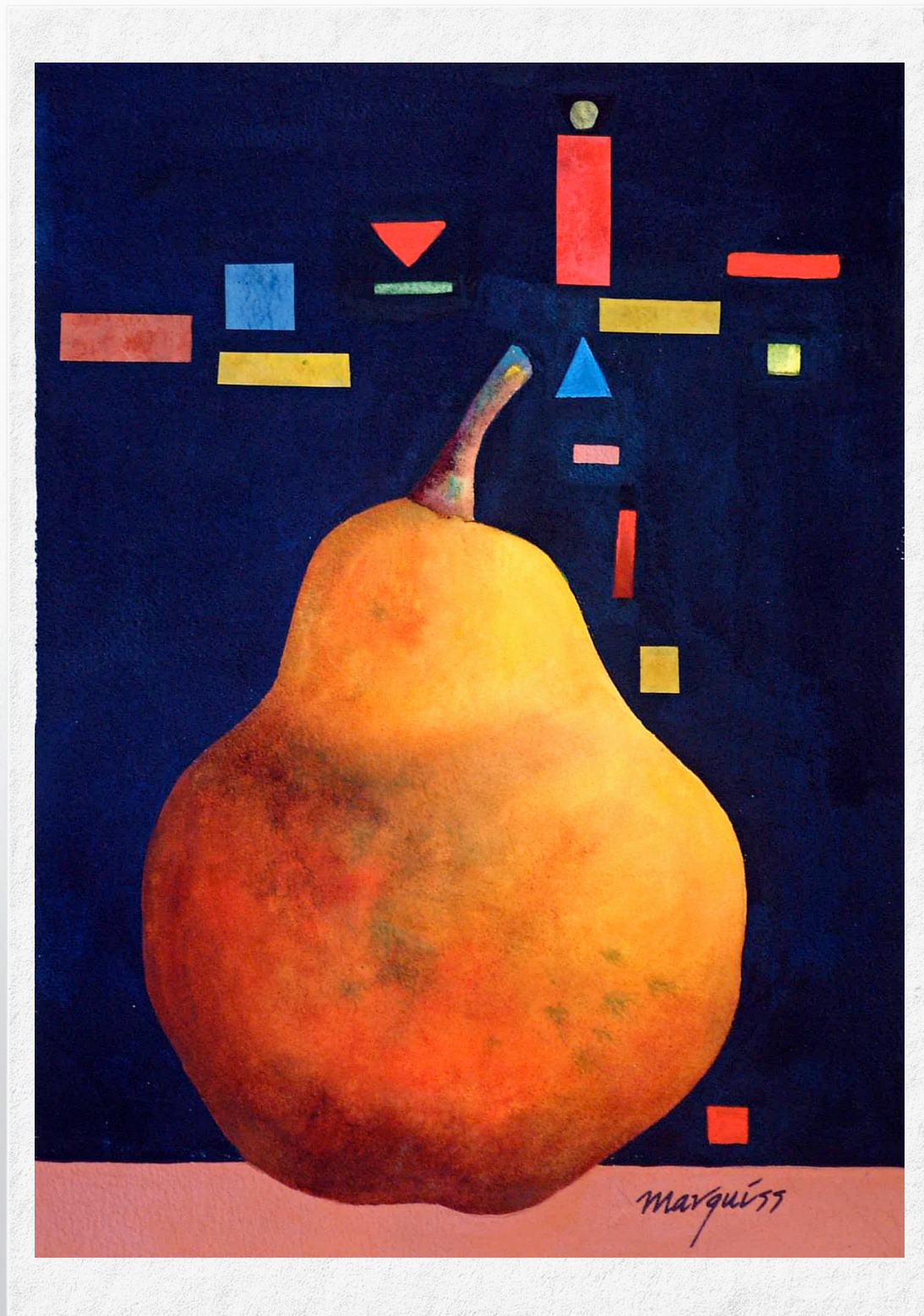
Mary Magdalene. Triple cruciform
Mixed Media



INTERIOR ART EXAMPLE - CHAPTER TEN

Considering the Cosmos I

Watercolor, metallic, acrylics and collage pieces



MARY MARQUISS - BIO HEADSHOTS



THREE SAMPLE INTERVIEW QUESTIONS FOR MARY

ONE

QUESTION: How has your art helped you navigate a challenge in your life?

ANSWER: One example would be my painting entitled 'In Full Swing" on the cover of my book. I painted this large red poppy before my divorce and after the painting sold, I saw it often in the buyer's home. I was astonished by the strength it revealed back to me. That strength is exactly what I needed to navigate the divorce when I didn't feel strong at all.

TWO

QUESTION: How was writing this memoir cathartic for you?

ANSWER: I had two miscarriages after my daughter Katherine was born. My way of consoling myself was to focus on my art and writing instead of my losses. Now, thirty-five years later, both my art and writing have come together in this book and launched. The fact that my daughter, who is a voice actor, voices chapter seven for the audio book is a delightful part of the cathartic journey.

THREE

QUESTION: What creative activities would you suggest for others going through life challenges?

ANSWER: There are three that come to mind. One. Buy three small tubes of watercolor paint in the primary colors: red, blue and yellow. Using a quality brush and watercolor paper – play. Allow the water to move the colors. Secondly, ground yourself somewhere in nature and breathe deeply and slowly. Third. Reach out for help and support in as many ways as you can. Prayer is useful. It helps release anxiety on the inside by moving churning thoughts to the outside. Prayer helps in letting go.