

SHADOW BOXING

A painting of a shadow boxer in a dark, industrial setting. The figure is in a dynamic, low-to-the-ground pose, possibly a crouch or a low kick, with one arm extended forward. The background is dark and moody, with vertical lines suggesting a window or a doorway. The overall color palette is dominated by dark blues, greys, and blacks, with some lighter, hazy areas in the background.

Art and
Craft in
Creative
Nonfiction

Kristen Iversen

Shadow Boxing Art And Craft In Creative Nonfiction

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