



About the cover

Open
Access



"No limits"
3 ft x 3 ft
Style: semi abstraction
Colour scheme: Warm tones dominate the palette, with hues of deep reds and soft oranges
Medium: Acrylics on Canvas

Tabi Crentsil (2024). "No Limits", a woman finds refuge under her umbrella.

"No Limits"

This painting is inspired by the human instinct to protect against obstacles.

Artist's perspective

The woman's posture and the way she holds the umbrella suggest a sense of protection and self-reliance, while the bold colours and abstract forms add a sense of mystery and intrigue to the scene. The extent to which one may go to shield themselves from impending interference has no limits. Yet those very things shielded otherwise contribute to the endless opportunities that can be derived from such circumstances. Overall, this painting is a beautiful example of art that invites the viewer to appreciate the beauty of colour, form, and composition while also sparking contemplation and interpretation. It is a captivating piece that engages the viewer's senses and emotions, making it a truly valuable work of art.

Take a journey through the painting and identify with the attributes. The rest of the story lies with the viewer.

A production from Tabi Crentsil, 2024

The use of bright, vibrant colours in the painting creates a sense of energy and movement, drawing the viewer's attention to the woman and her umbrella. The contrast between the cool blues and greens of the woman's attire and the warm reds, browns, golds, and lemons of the background creates a visually striking composition. The semi-abstract style of the painting allows for interpretation and imagination on the part of the viewer.

Editors' view

The HSI Journal is captivated by the artwork that graces our page cover. The semi-abstract style invites us to decipher the enigma. What lies beyond the woman's gaze? What stories does her umbrella conceal? The mystery is deliberate - an ode to the unanswered questions that drive our pursuit of knowledge in our fields of study. As health scientists, we grapple with the abstract daily—the unseen pathogens, the molecules in our test tubes, the intricate cellular pathways and the challenges associated with research. Here, the painting mirrors our quest as scientists: to imagine, to unravel, to interpret. Dear readers, as you turn these pages, let the "Umbrella of Resilience" in this "No Limits" artwork embrace you. Let its vibrancy seep into your research, your teaching and your practice. May this painting inspire us to wield our umbrellas with purpose in our endeavours. This painting is a testament to the human spirit's ability to persevere and find solace in the unknown. As we turn the page in our health sciences journal, we are reminded that art has the power to inspire, heal, and connect us in ways that transcend words alone.

How to cite

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