

# Life Drawing: Understanding Foreshortening by Hester Berry

By [Hester Berry](#)

## Foreshortening

Foreshortening is the manipulation of proportions in order to achieve the impression of depth of field in a drawing or painting. It can be difficult to process your view of a 3D figure into a 2D representation – you know that an arm is long and thin, so it is counterintuitive to draw it any other shape, just because it appears squashed when it is extended towards you.



Watercolour on paper by Hester Berry

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