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Create Your Life Book Art Journal Courage Art Journal Freedom Artist's Journal Workshop Raw Art Journaling No Excuses Art Journaling Stencil Girl Doodle Sketchbook Get Messy Art Creative Wanderlust Layers of Meaning The Painted Art Journal One Artist Journal Doodle Sketchbook: Art Journaling for Boys Express Yourself Journal Art Journal Art Journey Visual Chronicles The Artful Parent Soul Color Doodle Diary Walking in this World Soul Journal Mixed Media Color Studio How To Win Friends and Influence People Journal with Purpose Creative Exploration Through Art Journaling The Art of Whimsical Lettering Being Bold with Bible Art Journaling Dear Jane Building a Second Brain The Artist's Way The Creative Journal Paint and Frame: Botanical Painting Artful Alphabets Creative Block Self-Compassion Art Journal Your Archetypes NORMAL Doesn't Live Here Anymore The Tools Artist's Journal Workshop

Art Journal Color! Art Journal Composition! Art Journal Freedom! Color is all around us and we often find ourselves drawn to particular combinations or arrangements. But how can you effectively and artistically capture those eye-catching compositions in your art journal? It's true, art journaling has no "rules" and is a safe place for free expression of your one-of-a-kind life. But knowledge is power and knowing the "rules" of color and composition gives you the freedom to use and break them willfully to create the effects you want. Dina shares these principles in a fun and approachable way with dozens upon dozens of unique journal pages to show you just some of the many possibilities. Inside You Will Find: • Lessons and tips about composition and color including dominance and repetition, symmetry, contrast and the power of black and white. • 10 step-by-step technique demonstrations. • Dozens of color and design tips and page challenges. Kiss those excuses goodbye! "I don't have time." "I don't know what to journal about." "I can't keep the momentum going." Sound familiar? What are your excuses for not spending time with your art journal? Get ready to cast those excuses aside because Gina Rossi Armfield's No Excuses Art Journaling offers a no-fail approach to art journaling. Using a day planner as your art journal, you'll find daily, weekly and monthly prompts that you can adapt to fit your real-life, busy schedule. Along the way, you'll learn fun and convenient techniques to add sketching, watercolor painting, collage and more into your journal, all while setting goals, creating art and chronicling your unique life. Inside You'll Find: • More than 20 mixed-media art journaling techniques demonstrated step-by-step so you can add color, style and life ephemera to your journal. • 6 pages of journaling prompts and tips for every month of the year. • Dozens of inspirational art journal pages by Gina and 12 guest artists to show how you can make the No Excuses program decidedly yours. Grab your journal and pen, and kick your excuses to the curb! Learn to create precious watercolor paintings that you can paint and frame in just one day. Paint and Frame: Botanical Watercolor features 20 charming modern watercolor projects including florals, nature scenes, and more. With step-by-step instructions, you can try your hand at these "mini" projects. Paint and Frame: Botanical Watercolor comes with an instruction book and 20 step-by-step watercolor projects to try. What would happen if the Unthinkable blindsided you, requiring everything be put on hold to become a full time caregiver for a loved one? at the very least, it would reshape your life. Without a survival guide, it could even destroy it. Barb Owen delivers precisely that survival guide in NORMAL Doesn't Live Here Anymore: An Inspiring Story of Hope for Caregivers. She weaves a story, through the first two parts of the book, based on her life-changing experience as primary caregiver for her elderly parents. Following each chapter a bit of wisdom gained from Barb's experience is summarized as a Reflection. The third part of NORMAL Doesn't Live Here Anymore addresses the critical need for self-care for the new and seasoned caregiver alike. Specific suggestions abound for Me Time—how to find it—what to do with it—and how very important it is for sustaining oneself throughout the often arduous caregiving-marathon. This truly inspiring book is one part parable, one part autobiography and all survival guide, illuminating a path for the more than 65 million caregiving Americans. "Everything hinges on your ability to care for both yourself and your loved one," says Owen. "This maxim is of great consequence—heed it, and you will endure. Dismiss it, and you will have trouble surviving. Take care of yourself, your loved one and keep the faith, because you're not alone." — REFLECTION; Difficult subjects sometimes need to be discussed. You might be asked by others to deliver bad news—news of someone's death, a life-altering diagnosis, or even the necessity for a change in residence. Each conversation carries the potential for unleashed emotions. My advice? No matter how difficult or emotional, don't leave words left unsaid. People, if capable of understanding, deserve information. Often, they are much stronger than we realize. Words are powerful. They carry courage, condemnation, reassurance or permission. Choose them wisely as your words may be the ones that bring freedom from pain or suffering. It's tough, but I know you can do it and if you listen to that voice inside, you will know exactly the right time and the right

words. **Be Strong! Discover the Joy of Art Journaling** An artist's journal is a powerful creative tool, offering you a safe place to experiment, explore, consider and improve. Artist's Journal Workshop provides all the guidance, structure and inspiration you need to create a meaningful art-journaling practice. Starting with the question, "What do you want from your journal?" you'll build a sound journaling concept that will serve your unique creative needs and give you the freedom to practice, play and develop as an artist. Featuring rich visual examples on every page, you'll receive continual guidance and inspiration from:

- 27 international artists who share pages and advice from their own art journals
- More than 25 hands-on exercises to help you personalize your journal while developing new ideas and techniques
- Journal pages featuring travel sketching, nature studies and celebrations of daily life
- Prompts for visually commemorating life events and milestones
- Support for working through creative doubts and blocks
- A range of artistic styles and perspectives to study and admire
- Instruction for trying your hand at new methods and materials

This is the perfect opportunity for you to begin realizing your artistic potential--one page at a time. Begin the journey today! It's true, isn't it? You have a burning desire to express yourself. But to be successful, confident and happy, you need to know yourself, your true self. That's where archetypes come in. An archetype is a symbolic representation of the repeated patterns of behavior that make you who you are, the driving forces behind your being. Maybe you're a Rebel or a Seeker? Maybe you are both. Or are you a Visionary? How about a Student? The better you know yourself, the stronger, more resonant and more authentic your art. And where else to practice expressing your newly discovered self than in an art journal--a place where you are free to create with no rules, no wrongs. Art journaling is a colorful, non-critical way to explore your archetypes. In this unique book, you will learn processes for discovering your core archetypes and using that knowledge to create highly personal visual expressions, all the while embracing the personal revelations and creative breakthroughs that result.

- A fun 33-question quiz will help you discover and embrace your guiding archetypes.
- Find out how 11 professional artists draw on their archetypes as inspiration for their art journal pages.
- Follow along with 26 step-by-step demonstrations to learn how to use altered magazine images, layered stencils, Gelli Plate printing and other awesome mixed-media art techniques to enhance your art journal pages. No matter what your experience level, you will learn how to use your guiding archetypes as inspiration. Whatever your motivation for opening this book, you will discover a fun, creative path to gaining confidence, happiness and clarity in every aspect of your life. Turn your doodles into a personal journal and into art, to boot!

In the tradition of Keri Smith (*Wreck This Journal, This Is Not a Book*), Dawn DeVries Sokol has created a fun, easy artist's journal to get kids started with the basics. Doodle about your day; makes lists of your favorite things; write goals and daydream; try different mediums like pens, watercolors, and found art; add in family photos or ticket stubs; use Xerox transfers; and much, much more to create a casual, playful, and often thoughtful journal of your life.

Gather Your Art Journal Supplies:

- Journal
- Pens
- Paint
- Courage!

Discover the techniques and courage you need to journal bravely! With Dina's help, you'll begin by working through any fears you have of using your own handwriting. You'll get journaling prompts and techniques to help you develop a handwriting style you'll love and words you'll want to write! Then, you'll move onto drawing: you'll learn not only how to train your hand, but also how to appreciate your own unique drawing ability. As you continue through the eight chapters, you will learn additional mixed-media techniques to help you overcome your fears of new materials, using photos of yourself, creating layers, working without a plan and much more. Put your worries aside and create fearlessly! You'll find:

- Eight common journaling fears dispelled
- Twenty techniques to give you art journal courage
- Dozens of colorful art journal pages to inspire your own art

Being Bold with Bible Art Journaling by Anita "Nina" Spencer Apperley _____ It's time to see what the stencil can do! The simple stencil can be the most versatile tool in your creative studio. Stencils create background effects, foreground details and a complex beauty that's surprisingly easy to achieve. In *Stencil Girl*, Mary Beth Shaw will lead you step-by-step through 18 projects that will have you thinking about stencils in a whole new light as you discover how to use them with paint, wood burning, encaustic, hand stitching, metalwork and much more. Prepare to be inspired by what's inside! Helpful tips for the best way to use stencils in a wide range of applications. Complete step-by-step instruction for a variety of projects including art for the wall, home decor, gifts and "just for fun." Inspiring gallery pieces from 20 contributing artists, plus many bonus projects with links to online instruction. Start to explore the potential of the stencil today. See how *Stencil Girl* will open up a new world of art-making possibilities to satisfy your creative cravings. No one tells it quite like Jane Austen. This cute and quippy compendium covers advice topics from love and heartbreak, to friends and work, and so much more. 'One Artist Journal' is based on Orly Avineri's rich mixed-media imagery and intimate writings as they appear on her online visual journal, her blog. In it she attempts to unify the self by expressing the intricacies of the nature within and around her, through the seamless blending of fine art, graphic design, and written language. Through her weekly posts, and her unique and transformative art journaling classes held both in the United States and abroad, and now through the culmination of the four year online collection, comes 'One Artist Journal' the book. She invites the viewer to derive simple enjoyment with the gentle turn of each page, while enticing them to dive deep into the processes of finding new and profound ways of becoming fearlessly creative. *Creative Wanderlust* gives readers the

opportunity to explore and grow creatively through art journaling practices designed to overcome common creative obstacles. Cameron presents the next step in her course of discovering and recovering the creative self. The real news of our lives is not in newspapers. We must chronicle our own adventures and achievements, our brilliant observations and our comic relief, our best friends and our greatest embarrassments. Visual Chronicles is all about YOU: your dreams, your memories, your daily routines, your greatest loves and your secret pet peeves. It's all about getting to know yourself better, savoring the wonderful ebb and flow of your everydays, and celebrating it all in visual mementos of your life journey. Sound fun? Heck, yes! Sound hard? Not a bit. Each chapter of Visual Chronicles quiets common fears such as "Nothing happens in my life." or "I'm just not artistic." with projects such as the "My Day Unfolds Journal", and "Experiments with Composition." Inside, you'll learn that journaling doesn't take big chunks of time - just bits and pieces here and there, whenever the spirit strikes. "Get Going" exercises offer instant ideas such as listening to the conversations you have with yourself or recognizing that meaningful ephemera is a part of each and every day. Soon, you'll see that inspiration awaits all around you: a midnight trip to the store, a favorite scarf, an unexpected phone call, junk email, your breakfast plate . . . Don't wait another second. Make creative journaling a part of your everyday life, busting through self-doubt, time clocks, piles of laundry, and every other roadblock along the way. With Visual Chronicles, you'll be inspired to tell your story the way only you can!

Originally released in 1980, Lucia Capacchione's *The Creative Journal* has become a classic in the fields of art therapy, memoir and creative writing, art journaling, and creativity development. Using more than fifty prompts and vibrantly illustrated examples, Capacchione guides readers through drawing and writing exercises to release feelings, explore dreams, and solve problems creatively. Topics include emotional expression, healing the past, exploring relationships, self-inventory, health, life goals, and more. *The Creative Journal* introduced the world to Capacchione's groundbreaking technique of writing with the nondominant hand for brain balancing, finding innate wisdom, and developing creative potential. This thirty-fifth anniversary edition includes a new introduction and an appendix listing the many venues that have adopted Capacchione's methods, including public schools, recovery programs, illness support groups, spiritual retreats, and prisons. *The Creative Journal* has become a mainstay text for college courses in psychology, art therapy, and creative writing. It has proven useful for journal keepers, counselors, and teachers. Through doodles, scribbles, written inner dialogues, and letters, people of all ages have discovered vast inner resources.

Words--Color--Courage Bravely document your life's journey with *Art Journal Art Journey: Collage and Storytelling for Honoring Your Creative Process*. Artist Nichole Rae is your creative companion and guide as you explore your art journaling journey in three easy steps. Begin by putting the journal in art journal: A variety of prompts and writing styles help you breathe life into your hopes, feelings and intentions. Then put the art in art journal: Use your writing to develop a theme for your art journal. Illustrate your story by adding photos, illustrations and ephemera. Finally, explore your creative process: Ponder color, words and symbols as you build beautifully layered collage pages. Along this art journaling path, you'll find the strength to listen to your heart and find your creative voice. All you have to do is Embrace the Journey. Includes: • Journaling prompts • 15 mixed-media and collage techniques • Dozens of inspirational journal pages Updated for today's readers, Dale Carnegie's timeless bestseller *How to Win Friends and Influence People* is a classic that has improved and transformed the professional and personal lives of millions. One of the best-known motivational guides in history, Dale Carnegie's groundbreaking book has sold tens of millions of copies, been translated into almost every known language, and has helped countless people succeed. Originally published during the depths of the Great Depression—and equally valuable during booming economies or hard times—Carnegie's rock-solid, time-tested advice has carried countless people up the ladder of success in their professional and personal lives. *How to Win Friends and Influence People* teaches you: -How to communicate effectively -How to make people like you -How to increase your ability to get things done -How to get others to see your side -How to become a more effective leader -How to successfully navigate almost any social situation -And so much more! Achieve your maximum potential with this updated version of a classic—a must-read for the 21st century. 5 unique Tools ... 3 seconds each to use ... A lifetime of fulfilment Can you imagine what your life would be if you could tap into a new source of power - one that has been inside you all along - to solve your own problems and become the master of your life? *The Tools* is an extraordinary psychological model based on the proven methods of Hollywood's greatest psychotherapists. Phil Stutz and Barry Michels have over 60 years of psychotherapeutic experience between them. Together they have helped their A-list clients work through whatever has held them back - be it insecurity, trauma, anger, lack of willpower, negativity or avoidance - and achieve their greatest work and find a deep level of fulfilment. Now, at last, the acclaimed clinicians are sharing their methods in this eye-opening and empowering book. Introducing their five simple techniques, namely *The Reversal of Desire*, *Active Love*, *Inner Authority*, *The Grateful Flow* and *Jeopardy*, the authors clearly explain what they are and how and when to use them. Astonishingly effective and beautifully simple - once you've learned a tool it takes only three to five seconds to use it - this book will give you everything you need to propel yourself forward to achieve your ambitions and be who you were born to be. Since its first publication, *The Artist's Way* has inspired the genius of Elizabeth Gilbert, Tim Ferriss, Reese Witherspoon and millions of readers to embark

on a creative journey and find a deeper connection to process and purpose. Julia Cameron guides readers in uncovering problems and pressure points that may be restricting their creative flow and offers techniques to open up opportunities for self-growth and self-discovery. A revolutionary programme for personal renewal, *The Artist's Way* will help get you back on track, rediscover your passions, and take the steps you need to change your life.

Expressive art journal, emotions art journal, art colorful artistic, abstract mixed colors, drawing writing, planner journal, painting ladies journal, colorful abstract art, feathers scarves birds, artistic painting, gifts for artist, gift for journaling artist, graduation gift for artist, gift for art class, gift for art camp Bring out your child's creativity and imagination with more than 60 artful activities in this completely revised and updated edition Art making is a wonderful way for young children to tap into their imagination, deepen their creativity, and explore new materials, all while strengthening their fine motor skills and developing self-confidence. The Artful Parent has all the tools and information you need to encourage creative activities for ages one to eight. From setting up a studio space in your home to finding the best art materials for children, this book gives you all the information you need to get started.

You'll learn how to: * Pick the best materials for your child's age and learn to make your very own * Prepare art activities to ease children through transitions, engage the most energetic of kids, entertain small groups, and more * Encourage artful living through everyday activities * Foster a love of creativity in your family Inspired by Tamara Laporte's art classes, *Create Your Life Book* presents 18 step-by-step projects that encourage artists at all skill levels to explore and work through issues surrounding creative fulfillment. Create uniquely artful words with secrets from Joanne Sharpe! Joanne Sharpe--author of the popular book *The Art of Whimsical Lettering*--has gathered together 55 of her favorite hand-drawn alphabets for this light-hearted collection. Follow simple illustrated steps to replicate each style...no lengthy instructions or extensive practice required. Any "imperfections" only add to their charm! Try your hand at letterforms inspired by feathers, flowers, postage stamps, vintage type, doodles, taxi cabs, chalkboards and more. Equally exciting are the variety of media used, from colored pencils and markers to paints and inks.

Looking to add an artful touch to the world around you? These letters are perfect for personalizing anything from family calendars and daily planners to wall art, art journals, cards and one-of-a-kind gifts. You can even use the techniques and inspiration in this book to invent completely original alphabets of your own. With this A to Z guide, there's no limit to the statements you can make! • Awesome alphabets--55 in all, ranging from basic block and stick letters to fanciful illustrated fonts • Beginner-friendly instructions--Each alphabet is broken down into just a few simple steps • Creative variety of tools and media--pens, markers, brushes, inks, paints, colored pencils, fountain pens, cardstock and much more You didn't arrive here by accident. It's time to unearth your inner wisdom. It's time to remember that you are already whole; everything you need is already within you. This guided journal - with 124 prompts for daily reflection - will lead you through the rich, fertile grounds of your soul. It is there where you will find the potential for limitless self-expression and discovery as you reflect on who you really are, what your beliefs and desires are, your values, and so much more. Published in three volumes, this unique collection of journals provides you with the opportunity to explore and write through the changes in your life over the course of an entire year. As you notice the patterns and synchronicities in your life, it will become clear that you are your best teacher. Write your story. Breathe. Remember who you are. The purpose of this research is to develop strategies for creative inquiry through artmaking in a high school art curriculum. I conducted this research to help battle senioritis and to encourage the student's creativity to keep them interested in creating art. This study used action research over the course of a five-week period at a rural high school in Georgia. Twenty-eight students participated in this study from my Art III and Art IV classes; twenty-six were seniors. The unit that was created and developed with the students' input on creative inquiry processes, prompts and questions developed to help them investigate, discover and learn to interpret their own creative thoughts through art journaling. This process took the form of developing a game entitled Creativity Kick Start to be played to initiate creative artmaking and to help the students develop strategies to use on their own to spur their creativity and thought process. Along with this paper, I created a website where all of the pictures from the artwork the students created can be found here www.julielordsart.net along with a link for more information about the Creativity Kick-Start game we created. A WALL STREET JOURNAL BESTSELLER A FINANCIAL TIMES BUSINESS BOOK OF THE MONTH A FAST COMPANY TOP SUMMER PICK 'Well-written, cogent and useful manual' - David Allen, author of *Getting Things Done* 'Forte's ideas really work.' - Seth Godin, author of *This is Marketing* 'Completely changed my life' - Ali Abdaal, YouTuber and Entrepreneur 'A survival guide to managing the complexities of modern life' - Chris Guillebeau, author of *The \$100 Startup* Discover the full potential of your ideas and make powerful, meaningful improvements in your work and life by *Building a Second Brain*. For the first time in history, we have instantaneous access to the world's knowledge. There has never been a better time to learn, to create and to improve ourselves. Yet, rather than being empowered by this information, we're often overwhelmed, paralysed by believing we'll never know or remember enough. This eye-opening and accessible guide shows how you can easily create your own personal system for knowledge management, otherwise known as a Second Brain. A trusted and organised digital repository of your most valued ideas, notes and creative work, a Second Brain gives you the confidence to tackle your most important projects and

ambitious goals. From identifying good ideas, to organising your thoughts, to retrieving everything swiftly and easily, it puts you back in control of your life and information. A "font" of information on lettering styles! The Art of Whimsical Lettering is an artful instruction book on creating stylized fonts and expressive artwork with personal handwriting skills. Author Joanne Sharpe shows you how to create exuberant and personalized writing styles for your artwork—whether it be a journal, canvas art, or other projects that use text. After an overview of Joanne's favorite tools and surfaces, take a peek into Joanne's personal lettering journal to discover how you too can collect inspiration, hone your lettering skills, and tap into your natural creativity. Joanne then demonstrates twenty art techniques for creating a variety of lettering styles using many different tools. She provides you with fifteen basic alphabets, ranging from simple pen-and-ink renditions to increasingly elaborated texts that reference calligraphy, vintage fonts, and doodle art, among other styles. Joanne also teaches you how to turn prosaic lettering into page art itself, merging text into illustration, or ornamenting words with decorative drawings. Journal with Purpose is the ultimate reference for journaling, packed with over 1000 motifs that you can use to decorate and enhance your bullet or dot journal pages. Copy or trace direct from the page, or follow one of the quick exercises to improve your skills. Featuring all the journal elements you could wish for – banners, arrows, dividers, scrolls, icons, borders and alphabets – this amazing value book will be a constant source of inspiration for journaling and an 'instant fix' for people who find the more artistic side of journaling a challenge. Express yourself in a visual journal! With the ideas in this book, you will learn to create mixed media pages that express your soul and create a path to healing, internal freedom, and the sparking of passion. “Visual Journey Journaling” is an innovative artistic method taught by Rakefet Hadar and made up of seven elements: Intention, Magical Coincidence, Background, Images, Lines, Color, and Text. Visual Journey Journaling invites you to a fascinating world where you connect with your hidden inner artist to create "soul pages" using simple techniques and subtle guidelines to take a look inside yourself. Rakefet has taught these methods for many years, guiding even inexperienced artists to find and express the stories within themselves. In the first chapter of the book you will learn how to master the seven elements in your journal. There are many fun exercises and a step-by-step tutorial of how to start a simple journal. Next you will learn how to make a soul page with the seven elements. You will explore a variety of materials and how to work with them to find and create your pages. You will learn to build your journal and how to bind it into a finished book. Throughout the book and in the final section, you'll see and find the meanings in Rakefet's stunning private art journal pages and read her stories behind them. Discover the Joy of Art Journaling An artist's journal is a powerful creative tool, offering you a safe place to experiment, explore, consider and improve. Artist's Journal Workshop provides all the guidance, structure and inspiration you need to create a meaningful art-journaling practice. Starting with the question, "What do you want from your journal?" you'll build a sound journaling concept that will serve your unique creative needs and give you the freedom to practice, play and develop as an artist. Featuring rich visual examples on every page, you'll receive continual guidance and inspiration from:

- 27 international artists who share pages and advice from their own art journals
- More than 25 hands-on exercises to help you personalize your journal while developing new ideas and techniques
- Journal pages featuring travel sketching, nature studies and celebrations of daily life
- Prompts for visually commemorating life events and milestones
- Support for working through creative doubts and blocks
- A range of artistic styles and perspectives to study and admire
- Instruction for trying your hand at new methods and materials

This is the perfect opportunity for you to begin realizing your artistic potential—one page at a time. Begin the journey today! Meaning in life is made, not found. In a raw-art journal, you don't need to know how to draw; you don't need to know how to write well. You don't need worry about messing up techniques you've never attempted before inside your raw-art journal. You just need to be you because raw art is you and it thrives on creative play, on experimentation and even on making mistakes. Raw Art Journaling will teach you how to embrace your art, confront negative self-talk (a.k.a., your gremlin) and make meaning with your words and with your art. Inside Raw Art Journaling you'll discover how to:

- Write meaningful thoughts with a single sentence
- Create thought-provoking poems through found poetry
- Uncover images hidden in your photos
- Make personal meaning with the simplest of lines
- Finally feel free to make mistakes
- Use clever techniques to keep your secrets secret

Quiet your gremlin, grab your permission slip (it's on page 19) and start making meaning in your own raw-art journal today! Starting with a strong foundation in color theory and principles, Mixed Media Color Workshop shows you how to effortlessly create beautiful mixed-media art and make more effective and satisfying decisions each time you create, resulting in artwork you'll love. Forget perfection—grab your supplies and get messy with the easy techniques and projects for creating with watercolor, acrylic, markers, inks, and more in Get Messy Art. Play, experiment, and explore with zero judgment, zero pressure, and all the fun. Creative block presents the most crippling—and unfortunately universal—challenge for artists. No longer! This blockbuster of a book is chock-full of solutions for overcoming all manner of artistic impediment. The blogger behind The Jealous Curator interviews 50 successful international artists working in different mediums and mines their insights on how to conquer self-doubt, stay motivated, and get new ideas to flow. Each artist offers a tried-and-true exercise—from road trips to 30-day challenges to cataloging the medicine cabinet—that will kick-start the creative process. Abundantly visual with

more than 300 images showcasing these artists' resulting work, Creative Block is a vital ally to students, artists, and creative professionals. This hands-on, mess-it-up journal offers creative tips and prompts to get boys drawing, sketching, doodling, and more. It shows how to use all kinds of materials from pens, stickers, crayons, markers, and oil pastels to gel pens, glitter, Wite-Out, collage, found art, Xeroxes, photographs, and more. Kristin Neff PhD, is a professor in human development whose 10 years' of research forms the basis of her timely and highly readable book. Self Compassion offers a powerful solution for combating the current malaise of depression, anxiety and self criticism that comes with living in a pressured and competitive culture. Through tried and tested exercises and audio downloads, readers learn the 3 core components that will help replace negative and destructive measures of self worth and success with a kinder and non judgemental approach in order to bring about profound life change and deeper happiness. Self Compassion recognises that we all have weaknesses and limitations, but in accepting this we can discover new ways to achieve improved self confidence, contentment and reach our highest potential. Simply, easily and compassionately. Kristin Neff's expert and practical advice offers a completely new set of personal development tools that will benefit everyone. 'A portable friend to all readers ... who need to learn that the Golden Rule works only if it's reversible: We must learn to treat ourselves as well as we wish to treat others.' Gloria Steinem 'A beautiful book that helps us all see the way to cure the world - one person at a time - starting with yourself. Read it and start the journey.' Rosie O'Donnell Take a mixed-media journey to the very heart of your creativity! The Painted Art Journal opens doors to your most personal and authentic art yet. Tell your story as only you can, through a series of guided projects that culminate in a beautiful, autobiographical art journal worthy of passing along to future generations. Along the way, you will hone your own unique style of artful storytelling, filled with the images, colors and symbols that resonate most powerfully with you. Twenty-four inventive, step-by-step prompts help you to:

- Set the scene for making art--from establishing rituals that unlock creativity to curating a personal storyboard.
- Draw inspiration from photos, typography, sketches, childhood memories, quotes and more.
- Shape your story with timelines, gathered-word poetry and simple approaches to portraits.
- Express yourself through an exciting range of mixed-media techniques, using everything from pen and ink, markers and watercolor to image transfers, printmaking with linocuts, acrylic and collage.

A book unlike any other, The Painted Art Journal is all about digging deeper, honoring your life, and coming away with a truer understanding of yourself and your art. "Each of our stories is so different, lovely and broken in its own way." --Jeanne Oliver

bilag.cw.no