

Art Journaling Workshops Online

Art Journal FreedomDoodle Sketchbook: Art Journaling
for BoysThe Art of SillinessFaith Journaling for the
Inspired ArtistInner ExcavationThe Art of Whimsical
LetteringThe Journal Junkies WorkshopKennel
ClubPrintmaking UnleashedIf You Can Doodle, You
Can PaintArt Journal CourageCreative
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WildCézanneCollaborative Art Journals and Shared
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Art Journal Freedom

An assessment of the life and work of Paul Cézanne offers insight into his views about an artist's role and his self-doubt about his own capabilities, demonstrating how his beliefs revolutionized the ways subsequent artists would see and depict the world.

Doodle Sketchbook: Art Journaling for Boys

The Art of Silliness

Let the wisdom and enchantment of timeless fables and fiction help you achieve your creative goals! From celebrated mixed-media artist and author of *Create Your Life Book* Tamara Laporte, *Ever After* is a rich collection of step-by-step mixed-media art lessons inspired by fairy tales, folk tales, and classic fiction. Based on one of Tamara's popular series of online classes, *Ever After* addresses the most frequently asked question she receives from her students: "How do I develop my own creative style?" In addition to the beautiful art lessons created especially for this book by Tamara and eight other noted mixed-media artists, each chapter offers creative exercises that invite readers to explore stories, their symbolism, and a specific aspect of style development as they work toward and ultimately achieve their artistic goals. *The Story of You*. Explore the experiences, feelings, and ideas that stir your passion, and how to adapt and change motifs and other visual elements to make them your own. *Inspiration: How to Find It, How to Use It*. Examine how to stay open to inspiration, incorporate it into your art practice, and integrate it into your artwork. *Comfort Zones & Productivity*. Learn strategies for working through your fear and dedicating time to your artmaking. *Dealing with Challenges & Deepening Your Voice*. Find guidance for starting a mindfulness practice to help you deal with

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harsh feedback, and for allowing yourself the joy of continually evolving your story, your message, and your style. Ever After will teach you to tell your own unique stories through artmaking so that your wish—to become the artist you've always wanted to be—is sure to come true! Guest Teachers Includes lessons and tips from these renowned mixed-media artists: Kara Bullock Lucy Chen Danita Andrea Gomoll Annie Hamman Mariëlle Stolp Effy Wild Micki Wilde Fairy Tales, Fables & Fiction Featured stories include: Alice's Adventures in Wonderland Bambi Beauty & the Beast Goldilocks & the Three Bears Mulan Peter Pan Sleeping Beauty The Little Mermaid

Faith Journaling for the Inspired Artist

Express the art within you There are clues all around you—sounds, textures, memories, passions—just waiting for you to shine a light on them, and unearth the most intimate form of expression—the self-portrait. Inside Inner Excavation, author Liz Lamoreux will be your guide, along with eleven inspiring artists, as you discover more about who you are, how you got here and where you wish to go. Prompts and exercises will show you how to express who you are through the photos you take, the words you write and the art you create. Find encouragement and fresh ideas in these pages as you: Uncover prompts to use your senses for exploring and capturing where you are in any particular moment. Tap into the poet's voice that's whispering inside of you, even if you've never written poetry before. Be given permission to spend time "Delving into the Quiet," being still and

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listening to the mindful voice inside of you through meditation to create a balance in your daily moments. Bring words and art together in self-portrait expression that is as layered as you are. Take a fresh look inside today; become inspired, through Inner Excavation, to see more than the smiling reflection in the mirror.

Inner Excavation

Using a variety of formats, collaborative art projects result in wonderfully complex pieces, and often provide the glue between artists within a community. Heavy on visual inspiration, Collaborative Art Journals and Shared Visions in Mixed Media covers various organizational structures for collaborative art projects, offers instructions and tips for organizing such ventures, and includes interviews with organizers and participants of collaborative projects, as well as a healthy smattering of techniques including how to create books that can be added to as they travel and how to devise various binding structures for different paper projects.

The Art of Whimsical Lettering

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

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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.

The Journal Junkies Workshop

An instructive guide to creating an illustrated journal based on artist and Instagram sensation Samantha Dion Baker's unique creative process, featuring information on materials, creative inspiration and instruction, prompts, and helpful tips and tricks. Samantha Dion Baker is a widely admired and followed artist on Instagram, where she shares her "sketch journal," an illustrated daily record of her life, drawn in a fresh, modern style. In *Draw Your Day*, Baker guides you through her inspirational practice and provides guidance for starting your own. Part instructional guide and part encouraging manifesto about how making art--even art that's not museum-worthy--can make your life more mindful and meaningful, *Draw Your Day* is ideal for both seasoned artists looking for fresh inspiration, as well as aspiring artists who need a friendly nudge to get started.

Kennel Club

"Step-by-step photos, instruction and inspiration guide you through the edgy world of Tracy Bautista and her no-fear, anything-goes approach to making wall art, journals, artists' books and more."--Page 4 of cover.

Printmaking Unleashed

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Kickstart your art journaling journey today! With back-to-back journal pages from more than 100 art journaling enthusiasts, you'll embark on an exploration filled with top-notch techniques and the kind of journal fodder that your artistic soul has been craving! So soak it up and discover the stories behind each artist's personal pages. Look inside for creativity at every turn!

- 140+ original art journal pages
- Dozens of journaling prompts
- Time-tested advice
- Unbelievable inspiration
- Mixed-media secrets
- Funky materials
- Astounding layering techniques

Let your art journaling transformation begin today as you uncover the simple strategies that will take you to the next level in your artistic journey! So go ahead. Start journaling your way!

If You Can Doodle, You Can Paint

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

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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.

Art Journal Courage

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

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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

Creative Pilgrimage

Inspired by artist Tamara Laporte's popular online art classes (willowing.org), *Create Your Life Book* presents 18 step-by-step mixed-media drawing and painting projects that encourage self-fulfillment through the creative process. Tamara's kind, non-judgmental voice guides your way. What is holding you back? Where do you want to go? Let go of the past! Use these expressive exercises to help you recognize your personal challenges and other obstacles, then work through them. Let go of limiting beliefs, find courage, feel gratitude, heal pain, and develop self-love as you playfully create. Each themed chapter presents four to five two-part projects. First, you will explore a common issue that hampers creativity and/or positive self-worth. The second portion is a step-by-step mixed-media art project designed to help you work through that issue. Just a few of the explorations: Let go of what no longer serves you by taking stock of what's holding you back, then create a zentangle butterfly to symbolize you flying away from those limiting things. Embrace and love your inner quirky bird by taking an inventory of your quirky traits, then create a bird that

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celebrates them. Heal old wounds by writing a letter to yourself as a child, then create a house to keep your inner child safe. Adding rich variety to the messages and art inspiration, some of the project outlines have been contributed by Tamara's guest teachers: Roxanne Coble, Andrea Gomoll, Alena Hennessy, Mystele Kirkeeng, Ivy Newport, and Effy Wild, each of whom are noted mixed-media artists in their own right. The final chapter presents a simple binding method for creating a keepsake book of your Life Book projects. Steeped in inspirational images and uplifting affirmations, Create Your Life Book can help you achieve both personal and creative growth.

Doodle Diary

Artists Journals Sketchbooks

Create astonishing artwork with crayons! Crayons aren't just for kids anymore! Sculptors use them whole, bundling thousands of crayons to create environmental and installation-size sculptures. Carvers pierce and reshape crayons with scalpels, turning them into mini totems, helixes, and portrait busts. Landscape and still-life artists layer crayon shades in works on paper that rival paintings in their subtlety and depth. What will you do?! The Art of Crayon will guide you through a gallery of works by contemporary artists who use crayons as a diverse and dynamic medium. Each chapter includes a specific style of crayon artwork, complete with engaging projects from author Lorraine Bell to help

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you learn different techniques. From sculpture, to carving, to melted wax and drawing, you'll soon become a master crayon artist!

Art Journal Your Archetypes

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.

1,000 Artist Journal Pages

Create uniquely artful words with secrets from Joanne Sharpe! Joanne Sharpe--author of the popular book The Art of Whimsical Lettering--has gathered together

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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

Whimsical and Wild

From the creators of BabyLit(R) a Pet Palooza! Your little one will love Dawn DeVries Sokol's cute and funny illustrations, from the tiny Cheeky Chihuahua to the huge Gracious Great Dane. The droopy ears of the Brave Beagle and the Kindhearted Corgi's sweet hug are sure to delight little dog-lovers, and kindle a life-

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long puppy love. Dawn DeVries Sokol is the author of six doodling books, including *Doodle Diary: Art Journaling for Girls*, which has sold over 100,000 copies. With a bachelor's degree in journalism from Arizona State University in 1992, Sokol has worked her way from editing and designing newspapers to art directing magazines to designing and authoring books. She also illustrates lettering, teaches online workshops, and doodles in her art journals as much as possible. Her articles about art journaling and doodling have appeared in *Cloth Paper Scissors*, *Pages* magazine, *Art Journaling Exposed*, and *Somerset Studio's Art Journaling*, and she shot a DVD workshop, "Art Journaling: Pages in Stages" with Interweave Press in 2010. In 2012, she was commissioned to paint a utility box and design a library card for The City of Tempe. Her art journaling workshops have been favorites on Creativebug.com since she started teaching on the site in 2014. Her artwork has appeared in shows from Tempe, AZ, to Tokyo, Japan.

Cézanne

Presents a variety of techniques for making prints, with step-by-step instructions for projects that utilize such tools as encaustic paints, modeling compound, needlepoint canvas, and hot glue stencils.

Collaborative Art Journals and Shared Visions in Mixed Media

Join 14 very special artists on a Creative Pilgrimage as

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they share exciting projects that they teach through the various art retreat venues from across the nation. As they teach their special projects, we experience what it's like to learn from this celebrated cohort of talented artists. Hear their unique perspectives about the importance of teaching—a process where through sharing knowledge, they also gain knowledge and develop community. Featured artists include: “Alisa Burke”Julie Haymaker Thompson “Lisa Kaus”Mary Beth Shaw “Maya Donenfeld”Roxanne Padgett “Sarah Ahearn Bellemare”Stephanie Jones Rubiano “Tracie Lyn Huskamp”Heather Smith Jones “Carla Sonheim”Mati Rose McDonough “Alma Stoller”Flora Bowley

Peppered throughout the book are snapshots that give us a glimpse of some of the most amazing art retreats from across the nation. They are: “Squam Art Workshops”The Makerie “Artfest”An Artful Journey “Artistic Bliss”Valley Ridge Art Studio “Art & Soul”Silver Bella You'll get a special behind-the-scenes look at these special gatherings from the unique points of view of the coordinators, students, and instructors alike. Take a leap of faith into your quest to learn, teach, grow, and create with Creative Pilgrimage!

Artful Alphabets

Take an exciting journey into printing with custom-carved stamps! In this complete stamp-carving workshop, Julie Fei-Fan Balzer covers every aspect of creating and using rubber stamps, including carving linear and curved designs, alphabets, complex and

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repeating geometrical shapes, and image transfers. After carving your own unique stamps, you'll also learn:

- How to combine and layer stamps into original designs.
- How to design stamps that work together as well as individually.
- How to create stamps that combine with or enhance other stamps (hand carved or commercial).
- And how to create complex, layered effects that resemble screen printing.

This book also includes simple projects that explore various applications for stamping, including printing on different surfaces such as fabric, leather, paper, and canvas. Find your "authentic" design voice and get carving today!

Create Your Life Book

Drawing on her extensive experience in expressive arts therapy, Daria Halprin presents a unique approach to healing through movement and art. She describes the body as the container of one's entire life experience and movement as a language that expresses and reveals our deepest struggles and creative potentials. Interweaving artistic and psychological processes, she offers a philosophy and methodology that invites the reader to consider the transformational capacity of the arts. In this essential resource for anyone interested in the integration of psychotherapy and the arts, Halprin also presents case studies and a selection of exercises that she has evolved over her career and practised at the Tamalpa Institute for over twenty-five years.

Ever After

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Ready to play? Whether you think of yourself as an artist, a doodler, a dreamer, or none of the above, this book will jump-start your creativity. Popular art instructor Carla Sonheim offers fun, engaging ideas on every page, from drawing upside down to imagining new worlds (down to their silly hats and strange animal species). All you need is a pencil or pen and your imagination.

Art Journal Kickstarter

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.

Collage Unleashed

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Adult coloring books have gone beyond a trend, creating a solid category in the publishing world. The craze has hit the religion and spirituality market as well. Prayer and meditation can provide people with a sense of oneness and positivity. In *Colorful Blessings*, the illustrations provide an outlet for people to combine coloring with prayer practices to help them connect mind, body, and soul. *Colorful Blessings* provides approximately 47 coloring pages that offer the colorist an opportunity to grow in creative expression while embracing spirituality. Illustrations range from less detailed to fairly intricate, but all provide an inspirational message of life and faith that is brought to life in color. Printed on perforated paper, the designs can be removed for easier coloring and/or hanging.

Here, Kitty, Kitty!

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

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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

Raw Art Journaling

Wellness does not come in a pill. Balancing life takes ongoing practice. *Creative Wellness: Art Journaling with Mindfulness* is an essential tool in finding and maintaining balance in a multifaceted life. In this interactive journal honor the creative process and let go of the inner critic. Previous art experience is unnecessary! This mixed media process engages anyone willing to explore with an open mind. Following gentle prompts explore the eight dimensions of wellness and uncover areas needing attention. This process utilizes writing, drawing, collage and paint. Additionally, this journal provides the support and structure from board certified art therapist, Beth Ann Short, in creating realistic and life changing goals. Others who have utilized these techniques have experienced enhanced problem solving potential in all areas of their lives as well as decreased stress. Adding mindfulness, imagery, symbolism and art making to the journal process

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engages both hemispheres of the brain. Explore the eight dimensions of wellness and uncover opportunities for change. Art journaling is an opportunity to honor life where ever it leads and a chance to explore choices and feelings. In an age where so many are striving for inner peace and balance, this tool engages anyone willing to try.

Artist's Journal Workshop

YOUR MISSION: –Discover the tactical secret of self expression–the art journal
––Harness the artistic explosion ticking in your head, just looking for a creative way to detonate. Prepare to be bombarded with ideas, techniques and suggestions as you allow your creativity to take hold. The Journal Fodder Junkies are on a mission, ready to arm you with all that you need to explore artistic ways of recording your life and thoughts. Part sketchbook, part diary, part notebook, part dream journal, part daily planner, part to-do list and part doodle pad, the art journal is different things to different people. Whatever it is for you, the Journal Junkies Workshop contains all the covert inspiration and know-how you'll need to get started. Uncover your own path, your own voice, your own style. Inside you'll find: –– Basic information on the supplies and materials you'll need to start your journal experience –– Step-by-step presentation of techniques using water colors, acrylic paint, image transfers and more –– Chapter-by-chapter demonstration that follows the Junkies' techniques as they layer a page, taking it

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from blank canvas to dynamic document
& break; & break; Ideas on how to get started writing in your journal, covering both what to write and inventive ways of writing it & break; & break; Gallery spreads taken straight from the authors' journals that give you a unique opportunity to peer inside the heads of two experienced art journalists
& break; & break; Grab a journal and begin basic training today with Eric Scott and David Modler to become a Journal Fodder Junkie!

The Painted Art Journal

When faith and art intersect, pure magic happens. Faith Journaling for the Inspired Artist is a dynamic and inspiring resource for learning art journaling in Bibles, prayer journals, daily devotionals, and creative life planners. Dozens of easy-to-follow drawing, doodling, and lettering techniques demonstrate how to develop beautiful uplifting artwork, while a range of creative exercises deliver encouragement to explore faith through the creative process. Whether working with colored pencils, markers, watercolor, or stamps, when it comes to faith journaling, there are no rules! In Faith Journaling for the Inspired Artist, you'll not only learn how to expand your artistic horizons, but also discover how to give yourself permission to create personal artistic expressions of your faith.

The Art of Crayon

"1000+ artworks, 230 artists, 30 countries."

Drawing and Painting Beautiful Faces

Perfect for aspiring designers, *Drawing and Painting Beautiful Faces* is an inspiring, mixed-media workbook on how to draw and paint beautiful, fashion illustration-style faces. Author Jane Davenport is a beloved artist and international workshop instructor known by her thousands of students and fans for her over-the-top, enthusiastic, happy, and encouraging style. In *Drawing and Painting Beautiful Faces*, Davenport guides you, step by step, through the foundations of drawing a face, developing successful features, creating skin tones, playing with bright colors, shading, highlighting, and much more as you learn to create amazing mixed-media portraits. With this elegantly designed guidebook, you will quickly master a variety of techniques in a variety of mediums, including: Pencil Marker Pen Watercolor Acrylic paint Ink Pastel Ephemera *Drawing and Painting Beautiful Faces* will have you dancing your way through the exercises. In no time at all, you will have a selection of beautifully faced portraits ready to view, display, or even sell to a fashion designer.

Art Journal Courage

Over 1,000 journal pages presented in one beautiful full-color book *Journals* offer their makers a safe place to dream, doodle, rant, and reinvent themselves. They offer viewers rich, visual inspiration. There is a fascination with these revealing and often beautiful pages of self-exploration and personal expression. *Journals* offer a tantalizing, voyeuristic view of an

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interior life. This would be the first book to offer examples of over 1000 journal pages in one eye-catching, visual format, and would attract a wide swathe of artists who fully embrace or experiment with this medium. Journaling has seeped into popular culture in a big way and this collection provides a wide array of ideas, techniques and themes to inspire and inform mixed media and journaling enthusiasts.

The Art Journal Workshop

From the creators of BabyLit(R) a Pet Palooza! Toddlers will meet kitties of all sizes, shapes, and breeds in this book. From the exotic Sphynx and Himalayan to the common housecat and Maine Coon, Dawn DeVries Sokol's colorful illustrations will enchant budding cat-people, and encourage life-long love of furry friends. Dawn DeVries Sokol is the author of six doodling books, including Doodle Diary: Art Journaling for Girls, which has sold over 100,000 copies. With a bachelor's degree in journalism from Arizona State University in 1992, Sokol has worked her way from editing and designing newspapers to art directing magazines to designing and authoring books. She also illustrates lettering, teaches online workshops, and doodles in her art journals as much as possible. Her articles about art journaling and doodling have appeared in Cloth Paper Scissors, Pages magazine, Art Journaling Exposed, and Somerset Studio's Art Journaling, and she shot a DVD workshop, "Art Journaling: Pages in Stages" with Interweave Press in 2010. In 2012, she was commissioned to paint a utility box and design a

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library card for The City of Tempe. Her art journaling workshops have been favorites on Creativebug.com since she started teaching on the site in 2014. Her artwork has appeared in shows from Tempe, AZ, to Tokyo, Japan.

The Expressive Body in Life, Art, and Therapy

Provides lessons and exercises for creating art journals, with detailed instructions for using layers, painted photos, stencils, stamps, handwriting, and collagraphs to create mixed-media effects.

You Can Draw Faces

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

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Quiet your gremlin, grab your permission slip (it's on page 19) and start making meaning in your own raw-art journal today!

Carve, Stamp, Play

Working as an independent contractor or in private practice is often the ideal scenario for creative therapists who want to control their own career and make decisions about the jobs and clients they take on. This practical guide to successful self-employment takes you through every step of the process, from coming up with the idea and marketing yourself, finding jobs, and interviewing, to maintaining jobs and what happens when you or your client want to end the job. Each chapter is packed with practical information and illustrative stories from the author's extensive experience of setting up her own art therapy business, considering all the likely obstacles you may face, and covering topics such as ethics and interns. This accessible companion contains all the information a creative therapist who wants to find work as an independent contractor will need to get started. It will be suitable for any level of experience and all creative therapists, including art, music, drama and dance therapists.

Draw Your Day

The advice and exercises in *If You Can Doodle, You Can Paint* helps you dig into your creative life to find a style that is authentically yours. *If You Can Doodle, You Can Paint* was named one of *Library Journal's*

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Best Crafts & DIY Books of 2017! If You Can Doodle, You Can Paint looks at the small, impromptu doodles we make on a daily basis as resources; treasures from which we can create full-sized paintings. Even if you don't consider yourself a doodler, the exercises and techniques in this book will give you a fun way to tap into your personal style. The invitation starts with a pencil as you work through doodle assignments. Eventually, you will learn how to size up and combine these doodles into larger compositions. Then, you will begin mixing it up with watercolor paints and, finally, with acrylic paints. In If You Can Doodle, You Can Paint we will: Dig for treasure/doodle Observe, arrange, and study Make folded books for doodle-ready surfaces Copy your images with hand/eye coordination Scan and enlarge your doodles Add color combinations with colored pencil and acrylic paint Create compositional grid paintings, and Create a large complete painting! So what are you waiting for? Grab some pens and paints and get creative!

Colorful Blessings

A World of Artist Journal Pages

Many people want to express themselves through visual journaling, but are stuck or intimidated with how to get started. This book breaks down the entire working process of journaling with step-by-step photos and instructions from start to finish.

Creative Wellness

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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!

The Art of Business

In the follow-up to her popular *Whimsical Girls*, Jane Davenport again offers her signature fanciful female figures, accompanied by a menagerie of animal friends: koalas, lions, birds, and more. Inspirational prompts and Jane's stunning illustrations accompany

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the journal pages, which are printed on a variety of fine-art papers, all perforated for easy display. Colorful collage papers and bonus stickers round out this gorgeous package.

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