

Free Art Journal Workshop

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A Down-Home Savannah Christmas Nancy Robards Thompson 2019-11-01 He chased away her fiancé And waited for her return Like snow falling in Savannah, Georgia, the odds of Elle Clark falling for Daniel Quindlin are slim to none. First, she isn't home to stay. And second, Daniel caused Elle's fiancé to leave her at the altar. Even if he had her best interests at heart, falling for her arch nemesis just isn't natural. Well, neither is a white Christmas in Savannah...

Harlequin Special Edition November 2019 - Box Set 1 of 2 Teresa Southwick 2019-11-01 Harlequin® Special Edition brings you three new titles for one great price, available now! These are heartwarming, romantic stories about life, love and family. This Special Edition box set includes: **MAVERICK HOLIDAY MAGIC** by Teresa Southwick Montana Mavericks: Six Brides for Six Brothers Widowed rancher Hunter Crawford will do anything to make his daughter happy—even if it means hiring a live-in nanny he thinks he doesn't need. Merry Matthews quickly fills their house with cookies and Christmas spirit, leaving Hunter to wonder if he might be able to keep this kind of magic forever... **THE SCROOGE OF LOON LAKE** by Carrie Nichols Small-Town Sweethearts Former navy lieutenant Desmond "Des" Gallagher has only bad memories of Christmas from his childhood, so he hides away in the workshop of his barn during the holidays. But Natalie Pierce is determined to get his help to save her son's horse therapy program, and Des finds himself drawn to a woman he's not sure he can love the way she needs. **A DOWN-HOME SAVANNAH CHRISTMAS** by Nancy Robards Thompson The Savannah Sisters The odds of Ellie Clark falling for Daniel Quindlin are slim to none. First, she isn't home to stay. And second, Daniel caused Ellie's fiancé to leave her at the altar. Even if he had her best interests at heart, falling for her archnemesis just isn't natural. Well, neither is a white Christmas in Savannah...

Whimsical and Wild Jane Davenport 2019-10 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 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.

Whimsical Girls Davenport 2018-05-28 This is not your typical coloring book! Created by celebrated artist Jane Davenport, and featuring only images of women, Whimsical Girls is bursting with Jane's signature-style figures, faces, and fanciful drawings to color and customize. Three types of high-quality paper--coloring, marker, watercolor, and kraft paper--encourage users to experiment with a variety of mediums and techniques, while bonus stickers and brilliantly hued collage paper provide added fuel for creativity.

At a Journal Workshop Ira Progroff 1992

Alternative Art Journals Margaret Peot 2012-09-19 Turn everyday inspirations into one-of-a-kind art journals Art journaling is a fun way to collect and celebrate your creative thoughts and inspirations. Driven by the concept that we are all inspired in different ways, Alternative Art Journals shows how to create personal and unique journals. You will break free from the bound, white pages of the traditional sketchbook in favor of more customized formats and unconventional approaches. Will your journal take the form of a clothesline strung with images and ideas? A faux family album inspired by old, anonymous photos? A box filled with found treasures? Open this book and dive in to the free-flowing possibilities... Ten step-by-step demonstrations explore an exciting mix of techniques for crafting art journals in a variety of formats, ranging from scrolls and decks of cards to box assemblages and wearable charms Inventive prompts help get you started and inspire you to approach collecting your creativity in new ways A gallery of ideas for original art journal creations You will learn to incorporate art into your daily life and embark on a thrilling journey to self-expression. "An art journal is the private domain of an artist, where you can work out ideas, experiment with imagery, divulge personal truths...a garden in which you are planting the seeds of art." --pg. 6

The Art Journal Workshop Traci Bunkers 2011-03-01 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.

Doodle Diary Dawn Sokel 2010-08-01 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.

Art Journal Your Archetypes Gabrielle Javier-Cerulli 2016-08-25 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.

Art Journal Courage Dina Wakley 2014-11-20 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

Creative Wildfire LK Ludwig 2011-01-19 Art journaling is a vital activity for artists who need a place to experiment, draw, paint, document ideas, and continue an interior dialog. This lush, visual book is a must-have volume for both beginning and experienced art journalers. Each chapter presents crucial, basic information for how to get started, and is layered with in-depth sidebars and activities covering advanced techniques, approaches to working, as well as interviews with well-known journaling artists.

Create Your Own Artist's Journal Erin O'Toole 2002 Artists will learn to capture those fleeting moments of inspiration and beauty that compel them to create.

Journal Spilling Trout. Diana 2009-10-09 Go ahead--make a mess! There are no lines to stay inside of here. You're free to quiet your inner critic and spill color (as well as your thoughts) all over the page. Author Diana Trout offers a double-dose of encouragement for you to try out new techniques, to ask yourself new questions and to see how safe of a place your private journal can truly be. Whether you've been carrying around an art journal for years, or have been waiting for just the right push, in the pages of Journal Spilling you will learn new ways with mixed media as well as new insights about yourself. Step-by-step instruction will make the process easy and you'll explore such techniques as: Using salt, alcohol and wax paper as resists for watercolor "Spilling" color over your page with the help of watercolor crayons Creating unique lines and shapes with a fun ink-blowing technique Making secret pockets and flaps for storing wishes and private reflections Carving and stamping with hand-carved stamps, making your pages even more personal Getting out of a writing rut with prompts and inspiring exercises and much more Find out just how fulfilling using creative expression in your personal journal can be and let Journal Spilling be the friend to offer you support for each page you create.

Art Journal Kickstarter Kristy Conlin 2015-01-07 Presents 150 art journal pages by ninety-nine artists using mixed media techniques, with interviews in which the artists discuss the sources of their inspiration.

Artist's Journal Workshop Cathy Johnson 2011-05-31 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!

Create Your Life Book Tamara Laporte 2017-12-19 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 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.

Art Journals and Creative Healing Sharon Soneff 2011-02-09 A beautiful, artistic offering that offers projects on challenging, but universal subjects. In follow up to Faith Books & Spiritual Journaling, author Sharon Soneff will continue to show that there is a richer, deeper reward to artistic, creative journals beyond the beauty they supply. In this new volume, Art Journals & Creative Healing, she demonstrates with real excerpts from beautiful and unusual artistic journals that the process of journaling can be a tool in navigating through some of life's more challenging seasons, as well as a tool to support personal growth and achievement. Challenging and complex experiences are treated with dignity and sensitivity, and will inspire readers dealing with their own issues, by placing the greater emphasis on the positive outcome that was yielded for the artist who is willing to be vulnerable in the process. Hope, growth, and healing are at the center of each work, and help deliver the message of the book. Additionally, the ideas, artistic approaches, and resources provided by the author and numerous contributing artists will help the reader with creative ideas for working through various situations through their reflective and artistic journal keeping. Through a marriage of beautiful imagery, uplifting and literary quotations, and other rich sources, Art Journals & Creative Healing offers its audience a full-bodied experience pertaining to creative journals, along with journaling worksheets and journal prompts to help readers get started with their own journals. Specific topics to be addressed would include using mediums as metaphors, journaling for cathartic expression, gaining wisdom through introspection and reflection, finding strength in the midst of suffering, and finding beauty in pain. Art Journals & Creative Healing is a supportive and encouraging text offered as a creative companion of sorts for those traversing over the obstacles and overcoming the challenges of life.

Visual Journaling Barbara Ganim 1999-10-01 Most people who journal use words. But words come from the left brain, which interprets experiences through our learned beliefs and expectations. As this breakthrough book demonstrates, there is a more effective way to journal—using images. Simple drawings, crayon art, even doodles and stick figures can help anyone—even those who believe they "can't draw"—move beyond thought into deep reaches of feeling and intuitive knowing. Barbara Ganim and Susan Fox have developed their Visual Journaling technique into an acclaimed workshop. This book, beautifully illustrated with black and white and color drawings from the journals of students in their workshops, makes this enjoyable tool for personal exploration accessible to everyone. A six-week plan of exercises and interpretive activities teaches readers a lifelong practice that can reduce stress, explore conflicts, and overcome obstacles. Its simple techniques can help everyone gain access to "soul-based" inner wisdom.

Art Journal Freedom Dina Wakley 2013-02-11 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.

Landscape Painting Essentials with Johannes Vloothuis Johannes Vloothuis 2015-04-22 Secrets to Painting Beautiful Landscapes Painting the landscape can be fun and rewarding—if you make the right decisions as you paint. After all, it is the artist's greatest challenge to somehow capture a sense of it all—the grandness, the majesty, the splendor of nature—with just a few strokes of paint on a canvas. Popular art instructor Johannes Vloothuis makes the process a whole lot easier with the essential techniques, key concepts and expert advice he shares in this book. • Learn straightforward strategies to make your paintings more interesting and dramatic, such as simplifying the foreground, composing with abstract shapes and harmonizing colors. • Discover specific techniques for painting landscape elements including mountains, water, foliage, snow and more. • 9 step-by-step demonstrations walk you through all the techniques necessary to create successful landscape paintings. Landscape Painting Essentials is packed with practical information. You'll make the critical shift from painting what you see to painting as an artist sees. You'll learn

to strategically edit shapes, rearrange elements and enhance color. You'll gain a better understanding of what to include in your painting, what to change and what to leave out. Most importantly, you'll gain the skills necessary to turn nature's bounty of inspiration into original, stunning landscape paintings.

The Artful Parent Jean Van't Hul 2019-06-11 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

The Steal Like an Artist Journal Austin Kleon 2015-10-06 From the New York Times bestselling author of Steal Like an Artist and Show Your Work! comes an interactive journal and all-in-one logbook to get your creative juices flowing, and keep a record of your ideas and discoveries. The Steal Like an Artist Journal is the next step in your artistic journey. It combines Austin Kleon's unique and compelling ideas with the physical quality that makes journals like Moleskines so enormously popular. Page after page of ideas, prompts, quotes, and exercises are like a daily course in creativity. There are lists to fill in—Ten Things I Want to Learn, Ten Things I Probably Think About More Than the Average Person. Challenges to take. Illustrated creative exercises—Make a Mixtape (for someone who doesn't know you) and Fill in the Speech Balloons. Pro and con charts—What Excites You?/What Drains You? The journal has an elastic band for place-marking and a special pocket in the back—a "swipe file" to store bits and pieces of inspiration. Because if you want to steal like an artist, you need a place to keep your loot.

Artists Journals Sketchbooks Lynne Perrella 2004

Journal with Purpose Helen Colebrook 2019-11-26 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.

Artist's Journal Workshop Cathy Johnson 2011-05-31 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!

Maternal Journal Laura Godfrey-Isaacs 2021-10-21 A practical guide to creative journaling through pregnancy, birth and beyond.

Art Journaling Peter Pauper Press 2020-08 A Mixed-Media Guide to Unleashing Your Creativity. Join artist Megan Wells on a visual adventure as you learn to make everything from vibrant painted pages to beautiful hand-lettered calendars. Experiment with mixed media techniques, sketch beauty around you, and draw eye-catching planner pages that document your daily life. Try dot journaling and fancy lettering. It doesn't matter if you're a total beginner or a seasoned artist—art journaling offers everyone a chance to silence perfectionism and embrace the creative experience. 160 pages. 7-1/2 wide x 9-1/2 high (19 cm wide x 24.8 cm high). Hardcover. Rights: World.

A World of Artist Journal Pages Dawn DeVries Sokol 2019-10-15 By nature, art journaling is a private activity. But when Dawn Sokol's first book, 1000 Artist Journal Pages, broke the fourth wall and shared the work of artists all over North America and parts of Europe, it created a ripple of inspiration throughout the art journaling community. In this much-anticipated follow-up, Sokol features more than 1,000 new, captivating pages, this time—by popular demand—from artists across the globe. Lists of techniques and materials used for each page, plus behind-the-scenes interviews, give readers a glimpse inside the minds of new and established artists, making this a stimulating compilation sure to inspire beginners and seasoned art journalers alike.

The Artist's Journey Nancy Hillis 2021-02-25 If you yearn to say yes to your deepest expression in your art and life, this self-help book is for you. Dr. Hillis guides you past resistance on your artist's journey so you can finally trust yourself, develop confidence and cultivate deep exploration and experimentation in your art. Bonus resource library with videos lessons and book club guide.

Art Journal Art Journey Nichole Rae 2014-07-09 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

1,000 Artist Journal Pages Dawn DeVries Sokol 2008-07-01 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 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 Sketchbook Challenge Sue Bleiweiss 2012-06-26 Have you ever bought a new sketchbook, opened to the first page, and thought, "Now what do I do?" Sue Bleiweiss and the talented minds behind The Sketchbook Challenge are here to help. Imagine a supportive community of artists sharing the innermost pages of their sketchbooks and offering you tips and techniques for overcoming creative blocks. That's what The Sketchbook Challenge is all about, and the popular blog of the same name has already inspired thousands. Inside this book, you'll find: · Themes that will motivate you to start your sketchbook—and, more important, keep at it · Tutorials spotlighting such mixed-media techniques as thread sketching, painted papers for collage, digital printing, and much more · Strategies to get off the sketchbook page and start creating inspired art—whether you're into painting, collage, fiber art, or beyond. · In-depth profiles of artists who have taken the Sketchbook Challenge and used it as a launching pad for their own meaningful artwork

Atomic Habits James Clear 2018-10-16 The #1 New York Times bestseller. Over 4 million copies sold! Tiny Changes, Remarkable Results No matter your goals, Atomic Habits offers a proven framework for improving—every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to: • make time for new habits (even when life gets crazy); • overcome a lack of motivation and willpower; • design your environment to make success easier; • get back on track when you fall off course; ...and much more. Atomic Habits will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits—whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.

Layers of Meaning Rakefet Hadar 2021-08-15 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.

Junk Journal Workshop Tricia Jacobs 2020-11-07 Junk Journal Workshop is Book 2 in the Journal Workshop series. This book contains over 100 pages and 6 chapters. There are many projects included in this book to get you started on your junk journal journey, ranging from beginner to more complex. They are; miniature watercolor paintings, brief overview of digital painting, drying and trimming your paintings, using paper punches, creating a jars and insects journal page, how to draw bees and fireflies (easy), how to print on different paper types, a sea life journal page, hello city page, houses page, templates for envelopes and pockets, tags, drying leaves, decoupage, and a list of products used on the projects. Artist and author Tricia Jacobs describes it as, "A junk journal is an extreme version of an art journal. It pushes the definition of journal over the edge, into a different realm of storytelling. Every junk journal is unique. Most often the focus is collection, inspiration, and three dimensional design. Remember: create, experiment, be you. There is no wrong way to create a junk journal." -Artist Tricia Jacobs, author of the "Journal Workshop" Series for Kindle and in Print on Amazon. This book is written from a Christian perspective and contains Biblical quotations.

Embodied Healing Jenn Turner 2020-11-10 First-hand essays of embodied healing from the Center for Trauma and Embodiment at Justice Resource Institute: challenges, triumphs, and healing strategies for trauma-sensitive therapists and yoga teachers. All editor proceeds from Embodied Healing will fund direct access to Trauma Center Trauma-Sensitive Yoga (TCTSY). This collection of essays explores the applications of TCTSY—Trauma Center Trauma Sensitive Yoga—as a powerful evidence-based modality to help clients heal in the aftermath of trauma. Written by a range of contributors including yoga facilitators, survivors, and therapists, the first-hand accounts in Healing with Trauma-Sensitive Yoga examine real-life situations and provide guidance on how to act, react, and respond to trauma on the mat. Each essay centers the voices, wisdom, and experiences of survivors and practitioners who work directly with trauma-sensitive embodiment therapies. From navigating issues of touch and consent to avoiding triggers, practitioners and readers will learn how to support survivors of trauma as they reintegrate their bodies and reclaim their lives. Organized into sections based on principles of trauma-sensitive yoga—experiencing the present moment, making choices, taking effective action, and creating rhythms—the 12 essays are for yoga teachers, therapists, survivors, and mental health professionals and trauma healers.

The Art of Whimsical Lettering Joanne Sharpe 2014-03-17 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.

Doodle Sketchbook: Art Journaling for Boys

Collage Unleashed Traci Bautista 2006-05-29 "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.

Mixed Media Techniques for Art Journaling Kristy Conlin 2013-06-14 There's Art Journaling Magic Right Inside This Book. And you're going to make it. It's time to take your art journal to the next level and Mixed Media Techniques for Art Journaling: A Workbook of Collage, Transfers and More will help you do that and much more. In this collection are some of the most inspired mixed-media art journaling techniques and projects, and you'll want to do them all. Fortunately for you, there's space right inside this book to do just that. So what kind of amazing ideas might you find? How about image transfers, layered and textured backgrounds, journal necklaces, journal swaps and more? These plus inspiration and encouragement to experiment and adapt them to your style await you. But most importantly, you can get started right now! What are you waiting for? This journal won't fill itself! Inside Mixed Media Techniques for Art Journaling You'll Find: More than 25 step-by-step demonstrations for mixed-media techniques like inkblot drawing, artist trading cards and making your own journals. Tips and prompts for using your journal as a springboard for art outside the journal. Dozens of textured pages for planning, practicing and journaling inside the book. Contributing Artists Include: Traci Bautista, author of Collage Unleashed and Doodles Unleashed. Sheri Gaynor, author of Creative Awakenings. The Journal Fodder Junkies (Eric M. Scott and David R. Modler), authors of Journal Fodder 365 and The Journal Junkies Workshop. Darlene Olivia McElroy and Sandra Duran Wilson, authors of Image Transfer Workshop and Mixed Media Revolutions. The magic of mixed media is inside this book. Now go make it your own.