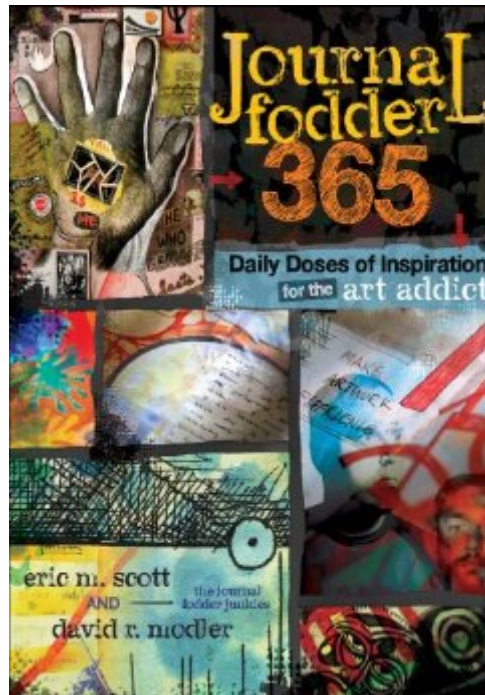


The book was found

# Journal Fodder 365: Daily Doses Of Inspiration For The Art Addict



## Synopsis

Art Journal Adventures! Learn how to journal your exceptional story. Life is not always extraordinary in all its details, but it is the sum of those ordinary events that add up to extraordinary lives. The journal is no different. With Journal Fodder 365, the Journal Fodder Junkies will lead you on a year-long adventure in drawing and writing, in painting and collage, and in the flotsam and jetsam of your daily experiences. You will uncover simple strategies to make the visual journal a part of your life and you'll discover new techniques for refining your personal narrative in an authentic and unique voice. Inside You'll Find: 12 themed chapters, ranging from Personal Mythologies and Histories to Connections and Relationships to Symbolically Speaking and beyond Dozens of step-by-step demonstrations for painting, drawing, writing, and collage techniques 12 suggested excursions for you and your journal 12 exploded views showing real-life applications of the lessons and prompts Let your journal be a living, breathing document of your life, a personally meaningful and relevant artifact.

## Book Information

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## Customer Reviews

I really liked this book. I wasn't sure about it, and was happy when I saw it at the library, so I put it

on reserve. I wasn't sure if this was a book I would refer to again. But...I want this for my shelves now because I don't want to give it back!! I have seen somewhere, someone mention that there were not 365 prompts, but I think that was taking using a narrow sense of "prompt", and the authors don't actually say there is 365 prompts but ideas, and because I have too much time on my hands clearly (!) I went through and roughly counted and there is that many ideas. But more than that, I think that there is more than enough here to occupy one for a year if they really want to dive into the book. There are so many directions presented, it is like one of those pick-a-path books (do they still have those??). There was a lot I liked. The book is split into 12 sections covering aspects of your life in a broader sense, from your personal mythologies, to dealing with the unexpected, seeking solitude and then connection, dealing with fears and mistakes, dreams and awareness. I really liked the way it was set out. For each chapter there are four writing prompts and then different drawing and painting techniques and ideas for taking it further. There are also sections on observations and ideas for taking your journal out and about and extending your comfort zone. I know that some of the techniques and ideas were a little basic, for instance one of the ideas was to use gel medium as an adhesive, but I think that makes it good for the absolute beginner. However, it is not the techniques that blew me away, although there were some things that I thought were incredibly clever and I am going to try.

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Journal Fodder 365: Daily Doses of Inspiration for the Art Addict THE MIRACULOUS RESULTS OF EXTREMELY HIGH DOSES OF THE SUNSHINE HORMONE VITAMIN D3 MY EXPERIMENT WITH HUGE DOSES OF D3 FROM 25,000 to 50,000 to 100,000 IU A Day OVER A 1 YEAR PERIOD 365 Journal Writing Ideas: A year of daily journal writing prompts, questions & actions to fill your journal with memories, self-reflection, creativity & direction Journal Daily: inside Tree Design, Lined Blank Journal Book, 150 Pages, 6" x 9" (15.24 x 22.86 cm), blank journal pages, writing journal Instant Happy Journal: 365 Days of Inspiration, Gratitude, and Joy Knitting: 365 Days of Knitting: 365 Knitting Patterns for 365 Days (Knitting, Knitting Patterns, DIY Knitting, Knitting Books, Knitting for Beginners, Knitting Stitches, Knitting Magazines, Crochet) Daily Military Quotes: 365 Days of the Best Quotes on War, Leadership, Courage and Discipline From History's Greatest Generals, Soldiers, and Heroes. (Quotes for Soldiers, Daily Quotes, Motivation) 365: A Daily Creativity Journal: Make Something Every Day and Change Your Life! 365 New + Expanded Edition: A Daily Creativity Journal: Make Something Every Day and Change Your Life! 365 Miracles: Daily Journal of A Course In Miracles Workbook Lessons Diabetes Journal Log Book: Portable 6in x 9in Diabetes, Blood Sugar Log. Daily Readings For 53 weeks. Before & After for Breakfast, Lunch , Dinner,

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