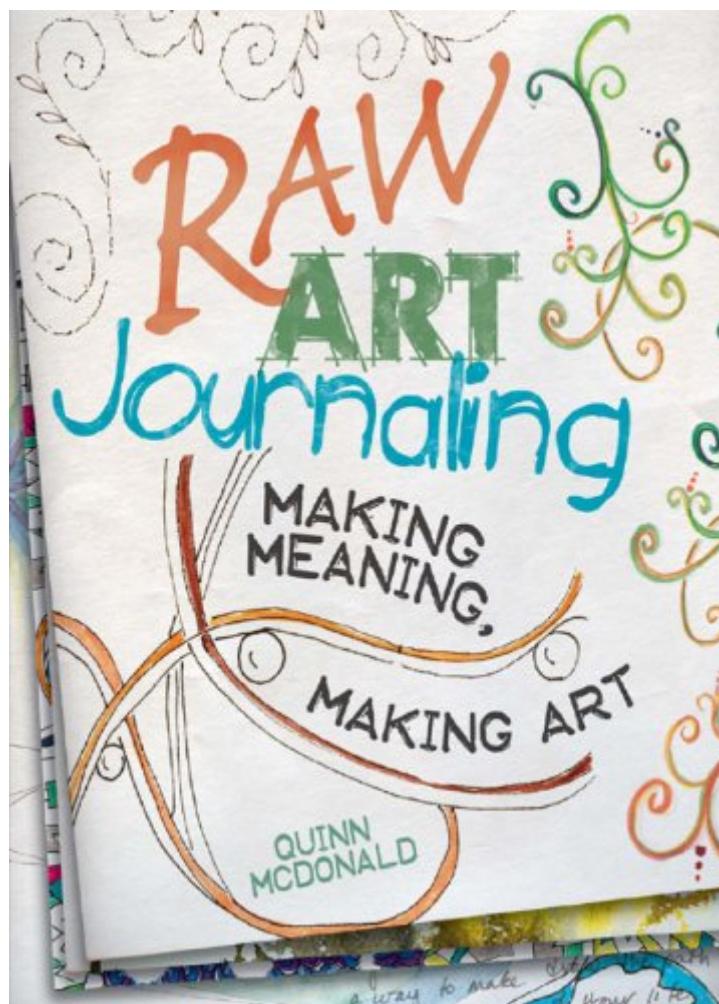


The book was found

# Raw Art Journaling



## **Synopsis**

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 to 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!

## **Book Information**

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## **Customer Reviews**

Are you creative? Are you a blocked creative? Do you think you have zero creativity, but wish you did? This book is for you, and you, and you. This is a great book to spark creativity in anyone, and

as an added bonus you will find yourself having fun and making meaning in your life at the same time. The overall intent of Quinn McDonald in her new book, Raw Art Journaling is to give anyone the confidence to begin, and continue, an art journal. But I found idea after idea that I simply wanted to try for the fun of it. So whether you want to begin your very first art journal, add new ideas and techniques to an already existing art journal, or simply play with words and creative techniques, this is the book for YOU. I am a creative person -- I am a photographer -- but I do not consider myself accomplished, or even average, at drawing. Yet, when I write, I often find myself wanting to add color and designs to my pages. Quinn offers ideas to add a spark and sparkle to any page without needed any drawing ability, but this book is so much more than just cool ideas for decorating journal pages. Quinn is a certified creativity coach and her training comes through loud and clear in her writing. She provides support, encouragement, and permission to try without fear of failure. Every project in this book is doable for anyone, because even mistakes become creative and meaningful. Quinn begins the book by encouraging all to "create imperfectly," then defines raw art. Raw art is what you "create because you love the act of creation, the fun of problem solving and seeing the project move ahead..."

I stayed away from art journaling for a long time because it looked so complicated. Raw Art Journaling is anything but complicated. It is easy and author Quinn MacDonald does not expect you to 'get it perfect'; in fact, she wants you to treat it like an adventure, with plenty of room for imperfection and adjustments. You don't have to be able to draw. You don't have to be able to write. She gives you plenty of ideas and techniques to try. The book is colorful, with actual raw art journaling on just about every page and great photos. Each technique includes a list of what you need that is not an overwhelming laundry list of supplies you feel you have to collect before you can attempt anything. What a relief. I have been stopped from trying techniques on more than one occasion because I didn't have many of the things on the list or couldn't find what was on the list. Quinn gives you options on a short list for the techniques in her book. My current favorite chapter is Pouring Emotion Into Line. This chapter contains five techniques: Confetti Lines, Drawing Patterns that Repeat, Over and Under: Complexity in Dimension, Free-Floating Bubbles and Getting Edgy. My favorite is the over and under technique which I never seemed to be able to get right until I learned about it from Quinn. Seeing this technique in Raw Art Journaling triggered a great journal page for me that expressed some feelings about diabetes which will be shared on my blog. What is really great about these techniques is that you can use them in so many different ways.

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