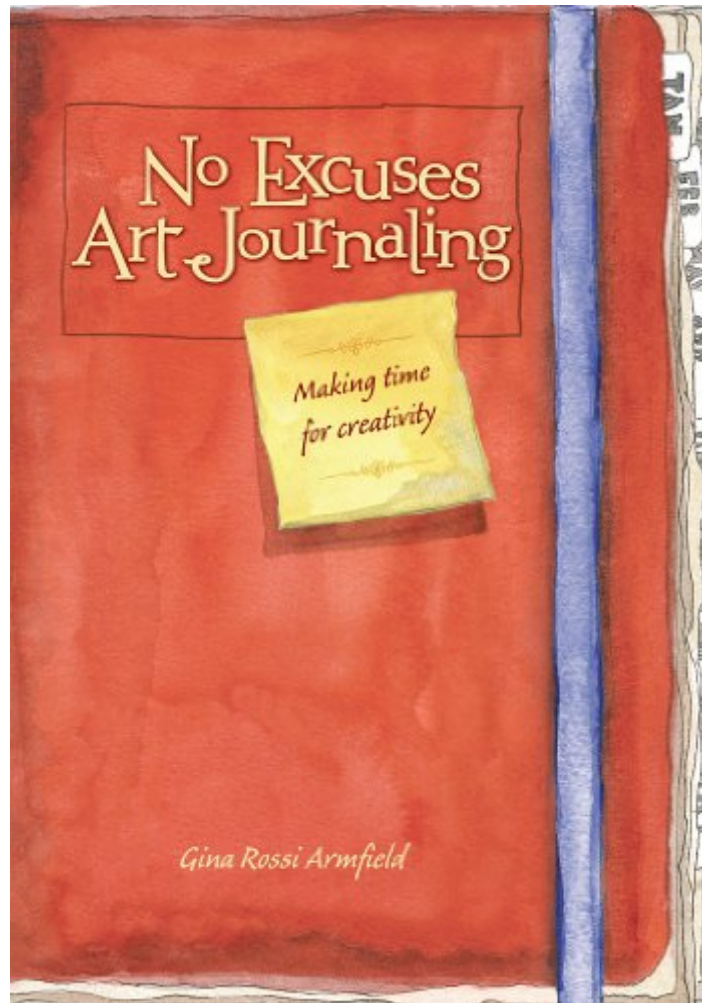


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# No Excuses Art Journaling: Making Time For Creativity



## Synopsis

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!

## Book Information

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## Customer Reviews

I have a shelf full of art-journaling books - many of them lovely to look at, filled with inspiring work,

but hardly any designed to function as a private and fully-detailed class on how to actually create a body of work throughout the course of a year your own. This book is the exception. Hands down, the best book I own on really guiding me through various ways to create unique and personally meaningful pages, how to make and maintain a routine for creativity, and with enough options and flexibility to guide you to create spreads that reflect who you are and what you see/do. Ms. Armfield has a wonderfully logical and makes-sense approach to starting this journey - especially for those who are new to mixed-media art journaling and are trying to find their own personal style. People like me. I have made attempts in the past, but either my pages looked like something not-quite-my-own, or I'd find myself frustrated with my pages, not knowing where to go or what to do. This book has helped me push past both of these obstacles... and finally grasp being able to develop a routine I look forward to. Most of all, I love that Ms. Armfield's approach to collage and mixed media is actually personally meaningful. I've never been comfortable with artists who effectively say, "just glue some stuff down, and paint and stamp and write and doodle over it". In my mind, if the pieces and techniques you chose to put down don't have or express meaning, what's the point? Ms. Armfield has a different approach - helping you to evaluate your own likes/dislikes, your feelings and your preferences, and guides you to chose things deliberately, whether it involves color, image, collage ephemera or text.

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