

# Hand Artist Journals Amazon

The Creative Journal **Bible Journaling Made Simple Creative Workbook** Artist's Journal Workshop  
**Wreck This Journal (Black) Expanded Ed.** Vintage Journal Amazon Woman with Bow and Arrow *Wreck this Journal* **The Daily Stoic Journal** Wreck This Journal Bundle Set **The Artist's Way Journals: Volume V**  
**The Horticulturist and Journal of Rural Art and Rural Taste** *Jagua, A Journey Into Body Art from the Amazon* **The art journal London** The Art Journal Appletons' Journal of Literature, Science and Art **The Painted Art Journal** *Wreck This Journal (Paper bag) Expanded Ed.* **A TOUCH OF FRANCE FLOWER JOURNAL** **Lined Pages for Writing + COLLECT ART PRINTS** **Divine Journal Series** *Modern Print Activism in the United States* **The London Journal: and Weekly Record of Literature, Science, and Art** **Coraline Hardcover Ruled Journal** **Horticulturist and Journal of Rural Art and Rural Taste** **No Excuses Art Journaling** **Putnam's monthly magazine of American literature, science, and art** *Literary Gazette and Journal of Archaeology, Science, and Art* **Paperblanks** **Safavid Ultra Line** *The London Literary Gazette and Journal of Belles Lettres, Arts, Sciences, Etc* **You're Weird** **Yoga Journal** Anne Stokes Foiled Journal **Love Colored Pencils ...isms: Understanding Art** The Canadian Journal of Industry, Science and Art *The Art of DOOM: Eternal* **Draw Your Day Sketchbook** The Journal Junkies Workshop **Feminism in Minutes** **The Art Journal** Journal **Isms**

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**The Painted Art Journal** Jul 21 2021 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 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

Vintage Journal Amazon Woman with Bow and Arrow Jul 01 2022 The Vintage Journal Amazon Woman with Bow and Arrow pocket journal features an illustration of a shirtless women wearing brown cloth around her lower half and strappy ankle flat sandals, preparing to shoot with a bow and arrow with two brown and white dogs behind her on grass. In the background a cliffside is seen under a clear, light blue sky. This journal has full color decorative vintage art on the cover, and is the perfect companion for your next trip, writing project, to-do list, or any occasion where a handy notebook is needed. Found Image Press Vintage Journals feature vintage art that celebrates your favorite places, hobbies and interests. The front cover design

features a classic piece of art from the Found Image Press collection of over 60,000 pictures. - 4 x 6 inches - 100 lined opaque pages - Soft matte finish

Feminism in Minutes Sep 30 2019 Never has having an understanding of feminism been so important. But what really is feminism - in all its forms? Who were the key feminists - and what are their beliefs? What do feminists think about abortion, sex, religion, pornography and beauty? And have we achieved equality - or is there still much to do? *Feminism in Minutes* is the quickest, easiest way to understand the big ideas and history of feminism, from its ancient roots to the #MeToo movement of today. Contents include: Basic concepts; Schools of feminism; Marriage and motherhood; Sex, power and sexuality; Activism and justice; Gender, religion and war; Women's achievements in science and medicine and Feminism and the arts, as well as the ideas of essential feminists such as Simone de Beauvoir, Emmeline Pankhurst, Sojourner Truth, Germaine Greer, Betty Friedan, Gloria Steinem, Pussy Riot and Malala Yousafzai, amongst many others.

Artist's Journal Workshop Sep 03 2022 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!

Journals: Volume V Jan 27 2022

**The Artist's Way** Feb 25 2022 "With its gentle affirmations, inspirational quotes, fill-in-the-blank lists and tasks — write yourself a thank-you letter, describe yourself at 80, for example — *The Artist's Way* proposes an egalitarian view of creativity: Everyone's got it."—*The New York Times* "Morning Pages have become a household name, a shorthand for unlocking your creative potential"—*Vogue* Over four million copies sold! Since its first publication, *The Artist's Way* phenomena has inspired the genius of Elizabeth Gilbert and millions of readers to embark on a creative journey and find a deeper connection to process and purpose. Julia Cameron's novel approach guides readers in uncovering problem areas and pressure points that may be restricting their creative flow and offers techniques to free up any areas where they might be stuck, opening up opportunities for self-growth and self-discovery. The program begins with Cameron's most vital tools for creative recovery – *The Morning Pages*, a daily writing ritual of three pages of stream-of-consciousness, and *The Artist Date*, a dedicated block of time to nurture your inner artist. From there, she shares hundreds of exercises, activities, and prompts to help readers thoroughly explore each chapter. She also offers guidance on starting a "Creative Cluster" of fellow artists who will support you in your creative endeavors. A revolutionary program for personal renewal, *The Artist's Way* will help get you back on track, rediscover your passions, and take the steps you need to change your life.

*Wreck this Journal* May 31 2022 A new edition of Keri Smith's bestseller, with updated material Think of *Wreck This Journal* as the anarchist's *Artist's Way* -- the book for those who've always wanted to draw outside the lines but were afraid to do it. For anyone who's ever wished to, but had trouble starting, keeping, or finishing a journal or sketchbook comes *Wreck This Journal*, an illustrated book featuring a subversive collection of suggestions, asking readers to muster up their best mistake - and mess-making abilities to fill the pages of the book (and destroy them). Through a series of creatively and quirkily illustrated prompts, acclaimed artist Keri Smith encourages journalers to engage in "destructive" acts - poking holes through pages, adding photos and defacing them, painting with coffee, colouring outside the lines, and more - in order to experience the true creative process. With Keri Smith's unique sensibility, readers are introduced to a new way of art and journal making, discovering novel ways to escape the fear of the blank page and fully engage in the creative process. Bestselling author Keri Smith is a freelance illustrator by trade, and has illustrated for the *Washington Post*, *The New York Times*, Ford Motor Company, People, The Body Shop and Hallmark. She is the author of *Wreck This Journal*, *How To Be An Explorer of the World* and *Mess*. A native of

Canada, she lives in the US.

**The Daily Stoic Journal** Apr 29 2022 A beautiful daily journal to lead your journey in the art of living--and an instant WSJ bestseller! For more than two thousand years, Stoic philosophy has been the secret operating system of wise leaders, artists, athletes, brilliant thinkers, and ordinary citizens. With the acclaimed, bestselling books *The Obstacle Is the Way*, *Ego Is the Enemy* and *The Daily Stoic*, Ryan Holiday and Stephen Hanselman have helped to bring the Stoicism of Marcus Aurelius, Seneca, and Epictetus to hundreds of thousands of new readers all over the world. Now Holiday and Hanselman are back with *The Daily Stoic Journal*, a beautifully designed hardcover journal that features space for morning and evening notes, along with advice for integrating this ancient philosophy into our 21st century lives. Each week readers will discover a specific powerful Stoic practice, explained and presented with related quotations to inspire deeper reflection and application, and each day they will answer a powerful question to help gauge their progress. Created with a durable, Smyth-sewn binding and featuring a helpful introduction explaining the various Stoic tools of self-management, as well as resources for further reading, this is a lasting companion volume for people who already love *The Daily Stoic* and its popular daily emails and social media accounts. It can also be used as a stand-alone journal, even if you haven't read the previous books. For anyone seeking inner peace, clarity, and effectiveness in our crazy world, this book will help them immensely for the next year—and for the rest of their lives.

*...isms: Understanding Art* Mar 05 2020 Revised Edition, Updated 2017 *Isms: Understanding Art* is the perfect pocket-sized guide for gallery and museum lovers who have a general interest in the arts, but not necessarily any formal education in the visual arts. With this portable and indispensable tool in hand, anyone can guide themselves through the world's prestigious museums and major art collections and recognize and intelligently discuss the significant movements that have shaped the world of art. Using an informative and engaging style with informal and direct tone, each of the numerous "isms" that are used to define-but often misleadingly cloud-art movements are explained in simple terms and made accessible to the casual art lover. Readers are encouraged to think of styles as useful tools for conversation and exploration rather than as hard and fast academic definitions, and to relate to the art itself rather than to a merely conceptual idea. Each spread is devoted to a single art historical period and begins with an introduction that explains when the movement first emerged, the historical period to which it applies, and the principal disputes over its applicability, usefulness, or significance. The rest of the chapter is divided into several sections illustrating the most important artists and works within the period, related key words, and illustrations that best represent the distinctive features. This comprehensible structure makes it possible for any reader to gain a clear understanding of Classicism or Cubism while sitting in a cafe or visiting a gallery.

**Love Colored Pencils** Apr 05 2020 Vivian shares her love of colored pencils and explains that one way "baby-artists" learn to be better is by copying what they see. *Love Colored Pencils* is designed to enable exactly this. On one side of each spread, Vivian demonstrates a technique or she colors in a subject, and on the opposite page or the next spread, the reader is encouraged to copy what they see, drawing directly in the book. Exercises throughout offer fun ways to explore drawing while being inspired by Vivian Wong's popular and colorful drawing style. This is a book for all levels of artist who want to explore this versatile and fun medium with a colorful and talented artist baby step by baby step.

Journal Jul 29 2019

**The Horticulturist and Journal of Rural Art and Rural Taste** Dec 26 2021

**Coraline Hardcover Ruled Journal** Feb 13 2021 *Coraline*, a must-see stop-motion classic from director Henry Selick and best-selling author Neil Gaiman, tells the spooky tale of a young girl's journey to a haunted version of her life and her heroic return to reality. The first release from acclaimed animation studio LAIKA, *Coraline* was the first stop-motion animated film shot entirely in eye-popping 3D. Document your affections for *Coraline* or jot down whatever you dream up in this hardbound 192-page ruled journal including original concept art, sketches, and favorite quotes from this treasured film.

**The London Journal: and Weekly Record of Literature, Science, and Art** Mar 17 2021

The Journal Junkies Workshop Oct 31 2019 YOUR MISSION: &#x2013;Discover the tactical secret of self-expression—the art journal &#x2013;&#x2013;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: &#x26A; Basic information on the supplies and materials you'll need to start your journal experience &#x26A; Step-by-step presentation of techniques using water colors, acrylic paint, image transfers and more &#x26A; Chapter-by-chapter demonstration that follows the Junkies' techniques as they layer a page, taking it from blank canvas to dynamic document &#x26A; Ideas on how to get started writing in your journal, covering both what to write and inventive ways of writing it &#x26A; Gallery spreads taken straight from the authors' journals that give you a unique opportunity to peer inside the heads of two experienced art journalists &#x26A; Grab a journal and begin basic training today with Eric Scott and David Modler to become a Journal Fodder Junkie!

*Wreck This Journal (Paper bag) Expanded Ed.* Jun 19 2021 "Not gonna lie, this is probably the coolest journal you'll ever see. . . . Wreck This Journal is here to inspire you." —Buzzfeed The internationally bestselling phenomenon with more than 10 million copies sold—and an excellent holiday gift! Paint, poke, create, destroy, and wreck—to create a journal as unique as you are For anyone who's ever had trouble starting, keeping, or finishing a journal or sketchbook comes this expanded edition of *Wreck This Journal*, a subversive illustrated book that challenges readers to muster up their best mistake- and mess-making abilities to fill the pages of the book—or destroy them. Through a series of creative and quirky prompts, acclaimed guerilla artist Keri Smith encourages journalers to engage in destructive acts—poking holes through pages, adding photos and defacing them, painting pages with coffee, coloring outside the lines, and more—in order to experience the true creative process. With Smith's unique sensibility, readers are introduced to a new way of art- and journal-making, discovering novel ways to escape the fear of the blank page and fully engage in the creative process. To create is to destroy. Happy wrecking!

The Art Journal Sep 22 2021 Vol. for 1867 includes Illustrated catalogue of the Paris Universal Exhibition.

**The Art Journal** Aug 29 2019

The Creative Journal Nov 05 2022 A recognized classic in the field of art therapy and creativity, this book is a perfect guide to discovering and releasing your inner potential through writing and drawing. It contains over 50 writing and drawing exercises to help you find and love one's self, get in touch with ones' feelings, and dreams. It will also show you how to: \* Play with new media of expression (color, images, symbols) \* Sort out the seemingly random experiences in your life. \* Deal with creative blocks to get a clearer picture of your potential and how to use it. \* Define and implement changes. \* Enrich your relationship with yourself and others Written for both novice and veteran journal keeper, as well as group leaders and counselors, it is a visually stunning book illustrated by the author, her students and clients.

**You're Weird** Jul 09 2020 As seen on BuzzFeed: A quirky and engaging journal that celebrates what makes each of us a little weird Part journal, part activity book, and all fun, *You're Weird* is a valentine for the inner weirdo in everyone--that part of us that doesn't quite fit in, and secretly isn't even trying. Filled with hand-drawn creatures that are a bit...different...along with lists, writing prompts, activities, and more, it's a delightful and affirming book for creative oddballs everywhere. In our mass-produced world that wants everyone to fit in and fall in line, this quirky book give us permission to celebrate what makes us each unique--and amazing. It's the perfect gift for the creative teen, journal-loving best friend, or indie artist in your life...or for your own weird self.

Wreck This Journal Bundle Set Mar 29 2022 With this bundle, collect all four unique cover designs of Keri Smith's *Wreck This Journal*, including the classic black, as well as three special limited edition covers: duct-tape, red mesh, and paper bag. In these updated editions, *Wreck This Journal* asks readers to muster up their best mistake and mess-making abilities and to fill the pages of the book (or destroy them). Through a series of creatively and quirkily illustrated prompts, acclaimed artist Keri Smith encourages journalers to engage in destructive acts--poking holes through pages, adding photos and defacing them, painting pages with coffee, coloring outside the lines, and more--in order to experience the true creative process. With Smith's unique sensibility, readers are introduced to a new way of art and journal making, discovering novel ways to escape the fear of the blank page and fully engage in the creative process. .

**No Excuses Art Journaling** Dec 14 2020 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!

*Anne Stokes Foiled Journal* May 07 2020 A beautiful, luxurious notebook from Flame Tree. Combining high-quality production with magnificent fine art, the covers are printed on foil in five colours, embossed then foil stamped. And they're powerfully practical: a pocket at the back for receipts and scraps, two bookmarks and a solid magnetic side flap. *Once Upon a Time* by Anne Stokes.

**Horticulturist and Journal of Rural Art and Rural Taste** Jan 15 2021

*Yoga Journal* Jun 07 2020 For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

*The Art of DOOM: Eternal* Jan 03 2020 Witness DOOM Eternal! This epic volume explores the art and development of the hotly anticipated sequel to the 2016 Game Award-winner for Best Action Game! Explore the twisted demonic invasion of Earth, the cultist UAC facilities, and plunge into the otherworldly and unknown locations new to the DOOM universe. Admire the dangerous glimmering edges of the Slayer's arsenal and armor. Dissect the chaotic viscera of Hell's soldiers and lords - all in gloriously designed full color images straight from the files of the game's artists themselves!

**Wreck This Journal (Black) Expanded Ed.** Aug 02 2022 “Not gonna lie, this is probably the coolest journal you’ll ever see. . . . Wreck This Journal is here to inspire you.” —Buzzfeed The internationally bestselling phenomenon with more than 10 million copies sold—and an excellent holiday gift! Paint, poke, create, destroy, and wreck—to create a journal as unique as you are For anyone who's ever had trouble starting, keeping, or finishing a journal or sketchbook comes this expanded edition of Wreck This Journal, a subversive illustrated book that challenges readers to muster up their best mistake- and mess-making abilities to fill the pages of the book—or destroy them. Through a series of creative and quirky prompts, acclaimed guerilla artist Keri Smith encourages journalers to engage in destructive acts—poking holes through pages, adding photos and defacing them, painting pages with coffee, coloring outside the lines, and more—in order to experience the true creative process. With Smith's unique sensibility, readers are introduced to a new way of art- and journal-making, discovering novel ways to escape the fear of the blank page and fully engage in the creative process. To create is to destroy. Happy wrecking!

*Modern Print Activism in the United States* Apr 17 2021 The explosion of print culture that occurred in the United States at the turn of the twentieth century activated the widespread use of print media to promote social and political activism. Exploring this phenomenon, the essays in *Modern Print Activism in the United States* focus on specific groups, individuals, and causes that relied on print as a vehicle for activism. They also take up the variety of print forms in which calls for activism have appeared, including fiction, editorials, letters to the editor, graphic satire, and non-periodical media such as pamphlets and calendars. As the contributors show, activists have used print media in a range of ways, not only in expected applications such as calls for boycotts and protests, but also for less expected aims such as the creation of networks among readers and to the legitimization of their causes. At a time when the golden age of print appears to be ending, *Modern Print Activism in the United States* argues that print activism should be studied as a specifically modernist phenomenon and poses questions related to the efficacy of print as a vehicle for social and political change.

**Bible Journaling Made Simple Creative Workbook** Oct 04 2022 Create your own beautiful and unique book of faith! This workbook provides space and starters for honoring what His love means to you. Bible journaling allows you to express your faith, and this workbook is the perfect place to begin your creative worship. Lay your worries to rest here. Offer up prayers in the form of heartfelt writing, hand-lettering and art. Fill these pages--as He fills your life--with gratitude, lessons and love. With interior paper similar to that

of journaling Bibles, these pages are ideal for embellishing with simple, straightforward media like colored pencils, watercolor pencils and watercolors. Inspirational verses and journaling prompts spark ideas and meaningful entries, as well as: • Line art to color and embellish • 70 blank pages on which to follow your own creative direction as the Lord leads you • A companion website with tutorials, tips and examples Use this book as practice space to experiment with media, techniques and color combinations before committing entries to your Bible. Treat it as a private daily devotional or as impetus to organize a weekly journaling group. Above all, allow every page to grow your faith, celebrate your journey and bring you closer to God. For step-by-step instruction, examples, idea-starters and more, check out the companion art-instruction book *Bible Journaling Made Simple*.

*The London Literary Gazette and Journal of Belles Lettres, Arts, Sciences, Etc* Aug 10 2020

*Appletons' Journal of Literature, Science and Art* Aug 22 2021

**Putnam's monthly magazine of American literature, science, and art** Nov 12 2020

**Paperblanks Safavid Ultra Line** Sep 10 2020 Paperblanks Safavid journal portrays a leather filigree pattern incorporating handtooled motifs, retaining the elegance and style of the Islamic Golden Age even in our modern context. Symmetry is the hallmark of this binding, which features medallions, a pentagonal envelope flap closure and elaborately decorated doublures (interior covers), exquisite creations in cut-out leather and gilding.

**A TOUCH OF FRANCE FLOWER JOURNAL Lined Pages for Writing + COLLECT ART PRINTS**

**Divine Journal Series** May 19 2021 A TOUCH OF FRANCE FLOWER JOURNAL Lined Pages for Writing COLLECT ART PRINTS Divine Journal Series by Artist Grace Divine (For Fun & Entertainment Purposes Only) PLEASE NOTE IMPORTANT: THIS IS FOR ONE (1) ONE BOOK! THE WRITING AREAS AND ART ARE IN ONE BOOK! THANK YOU FOR YOUR UNDERSTANDING AND SUPPORT. THANK YOU SO MUCH. PLEASE NOTE: This is for 1 (one) book only. This means buyer will receive 1 (one) book. Thank you General information about the author: My name is Grace Divine. I am an artist and writer. I enjoy creating motivational and inspirational books and art. And all my books are created solely for fun and entertainment purposes only. I hope to bring joy to the world. With my work, I would like to encourage in positive and meaningful ways. ONLINE COMMUNITY! We encourage everyone to join and share with us their passion for art. Please check out my website and links! I am grateful to all my patrons for their patronage. Disclaimers: I sell different kinds of books. These include collectible art books with art prints, photography, journal space, storybooks, coloring books, activity books and others. Like all my other books, this book is for fun and entertainment purposes only. Also, this detail page is for 1 (one) book only which means buyer will only receive one book. Some books may contain art prints in a book based original and/or handmade art. All books use standard publishing Amazon paper weight. As such, please note, depending on country and locality, the standard book paper may not be suitable as a card material. Also, different books express different ideas and may be suitable for enjoyment, relaxation, decoration, collecting, gifting, may be educational, informational, or other. Please see the title to discover the type of book. For coloring books ONLY, the books may be suitable for coloring and creating art. In addition, drawings in coloring books may be in a simple style for ease of coloring or more complex. All books differ. For journal books only, the books may be suitable for journaling. Thank you.

*The Canadian Journal of Industry, Science and Art* Feb 02 2020

**Isms** Jun 27 2019

*Literary Gazette and Journal of Archaeology, Science, and Art* Oct 12 2020

**The art journal London** Oct 24 2021

**Draw Your Day Sketchbook** Dec 02 2019 A stylish watercolor sketchpad featuring creative prompts and art by Instagram artist Samantha Dion Baker. Keeping an art practice is fun and mindful way to foster creativity in your life, but it can be too easy to find yourself staring at a blank page trying to think of where to start. Superstar Instagram artist Samantha Dion Baker never lacks for artistic inspiration, recording everything from major happenings to the most minor details of her daily life in her sketchbook. In *The Daily Guided Sketchbook*, Sam shares a wide variety of art prompts that will inspire you to just get drawing, painting, and collaging. From simple and straightforward prompts like "draw a pattern found in nature" to more evocative art challenges ("make a chart of the emotions you've been feeling lately"), this stylish guided sketchpad is guaranteed to get your creative juices flowing.

*Jagua, A Journey Into Body Art from the Amazon* Nov 24 2021 In search of the jagua fruit, author Carine

Fabius takes readers on a journey into the deepest realms of the Amazon jungle, where a prized tattoo ink weaves magical tales into the heart and culture of the region's indigenous people. Written in a breezy, engaging style, the book includes: - 40 pages of gorgeous color photographs, including contributions by noted documentary photographer and travel writer Cristina Mittermeier - Over 25 black & white photographs and illustrations - The author's personal account of her and her artist/explorer husband's journey into the world of temporary body art, beginning with henna and culminating with the discovery of the jagua fruit's promise to deliver a beautiful tattoo that looks real -- yet fades after two weeks - Excerpts from her husband Pascal Giacomini's diary as he travels on a motorized dugout canoe into the deepest reaches of the jungle, where he spends weeks with an indigenous group called the Matses - Brief histories of various indigenous groups associated with jagua - Personal and insightful essays by veteran explorers and lovers of the Amazon - Information on the medicinal and mystical properties of the jagua fruit - Magical tales and beliefs surrounding this extraordinary fruit - A short history of tattoos - A short history of ink - Frequently asked questions (and answers, of course!) about jagua tattoos - Overview of the Amazon, the Indians that populate the area, and issues that currently dominate throughout the region - Traditional tales from the Amazon