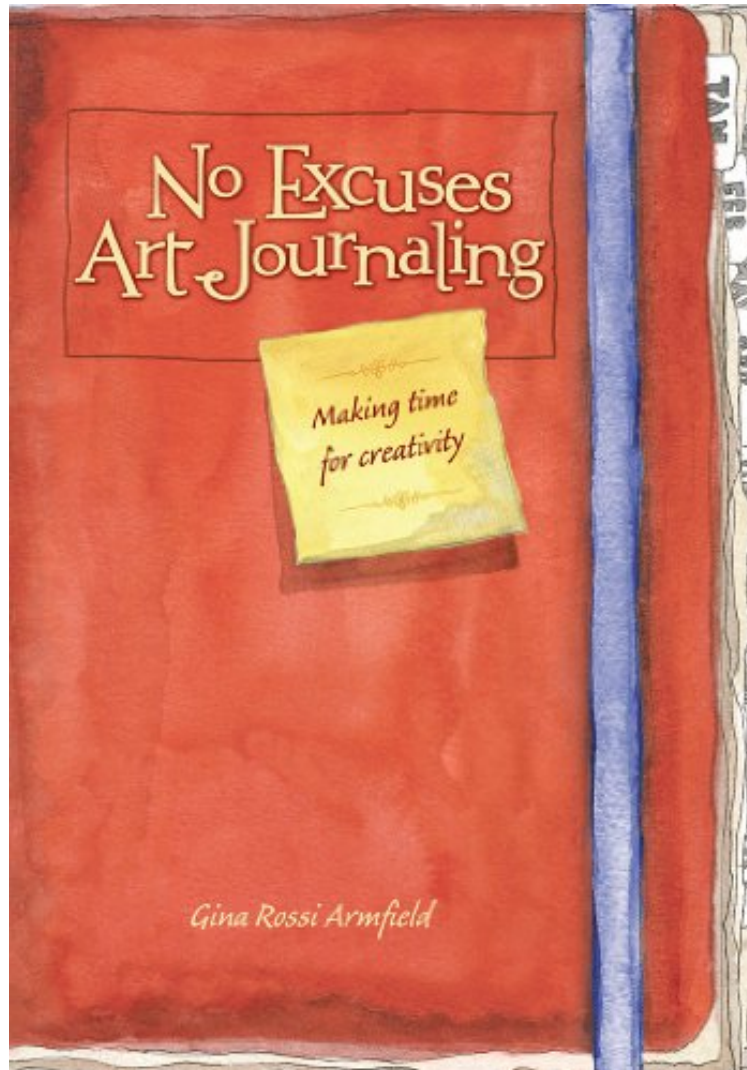


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No Excuses Art Journaling: Making Time for Creativity

Gina Rossi Armfield

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Gina Rossi Armfield : No Excuses Art Journaling: Making Time for Creativity before purchasing it in order to gauge whether or not it would be worth my time, and all praised No Excuses Art Journaling: Making Time for Creativity:

177 of 179 people found the following review helpful. The next best thing to having a teacher at your side By girl from TNI 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 choose things deliberately, whether it involves color, image, collage ephemera or text. I finally feel like my pages are coming to life from MY vision and they make sense have true meaning ... not just a collection of visually interesting random-ness. If you want to get started with art-journaling - in whatever media, from collage to sketching to any combination of - this is a must-have book. If you already are into your artistic journey, this book will definitely shed some new and meaningful insight on how to approach a year-long journaling project. Excellent, excellent material and book. Thank you Ms. Armfield!

95 of 97 people found the following review helpful. Finally, a Workable Guide to Art Journaling

By nlmI came across Gina's method of art journaling after reading many other books and not finding them workable. Gina's "No Excuses" method uses a day planner to provide structure and give coherence to the smallest possible artistic efforts. Chapters discuss tools, preparing journal pages, some additional techniques, and the No Excuses method for working on monthly, weekly and daily prompts. Numerous other art journalists and their work are featured for inspiration in the source guide section. Gina has a flare for working with beautiful color combinations, so the book is very attractive. I preordered this book and was not disappointed. No Excuses Art Journaling: Making Time for Creativity offers practical help and beautiful inspiration for anyone wishing to start or renew an art journaling practice.

65 of 68 people found the following review helpful. Perfect for those of us who need baby steps!

By L. KingI've wanted to get into art journaling for years, but I've been overwhelmed by it. Where to start? How to create a page that looks beautiful rather than just a messy jumble of stuff? This book is just what I needed. While there are specific prompts and assignments in this book, which some people might think would restrict your creativity, you have plenty of latitude to make each page your own. The assignments give you a framework and a starting point, and sometimes that's just what we need. I just got my book yesterday and started setting up my journal, and already my mind is buzzing with ideas. I suspect that by the time I get to the end of my journal in December, my artwork will have improved by a million percent.

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!

"You should buy it...it is wonderful!" --It's All About the Whimsy, 2014