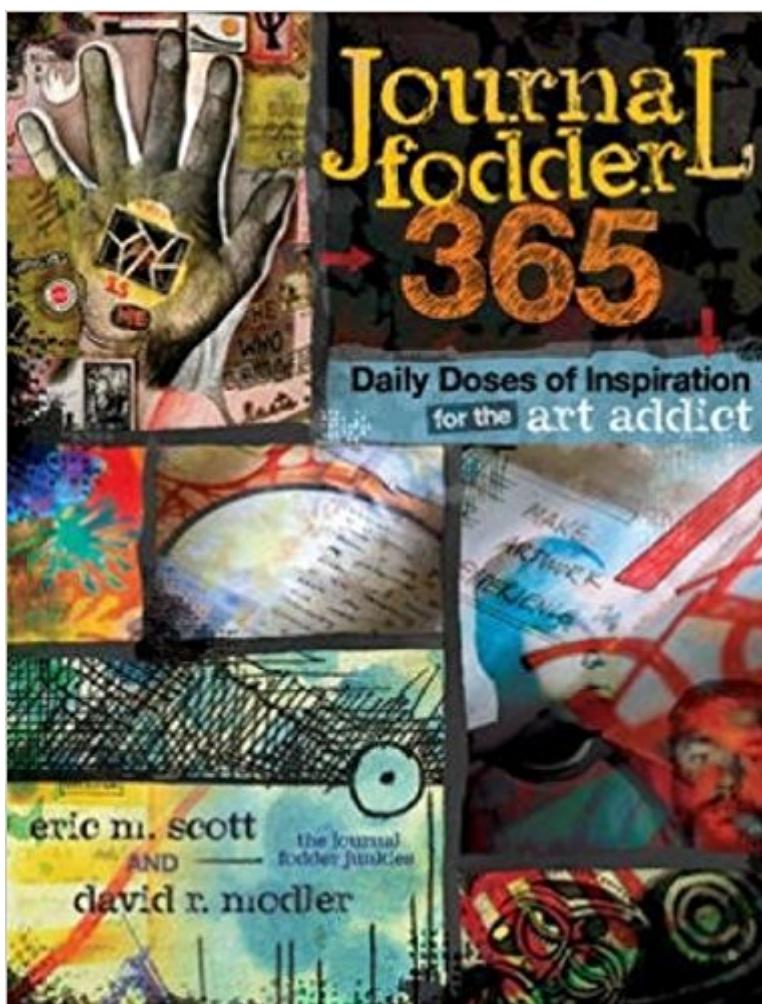


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# Journal Fodder 365: Daily Doses Of Inspiration For The Art Addict



## **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**

Paperback: 144 pages

Publisher: North Light Books; First Edition edition (August 23, 2012)

Language: English

ISBN-10: 1440318409

ISBN-13: 978-1440318405

Product Dimensions: 8.2 x 0.4 x 10.9 inches

Shipping Weight: 14.9 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 72 customer reviews

Best Sellers Rank: #162,327 in Books (See Top 100 in Books) #106 in Books > Crafts, Hobbies & Home > Crafts & Hobbies > Mixed-Media #110 in Books > Arts & Photography > Other Media > Mixed Media #618 in Books > Self-Help > Creativity

## **Customer Reviews**

Eric M. Scott is an artist-educator born and raised in Washington, Pennsylvania. He currently teaches art to high-schoolers. He is the coauthor of The Journal Junkies Workshop. David is an artist-educator born and raised in Baltimore, Maryland. He currently teaches in the art department at Appalachian State University in Boone, North Carolina. He is the coauthor of The Journal Junkies Workshop. <http://journalfodderjunkies.com/>

I keep a journal. I have since I was 10. As I got older, and being artistically inclined, I began to add "fodder" to my journals. Within the last few years, I discovered the art journal, and though I don't put art on all of my pages, I am interested in adding flourishes, etc to my normal written entries. I bought their first book, Journal Junkies Workshop because I liked that they seemed to have a different perspective on the art journal. They seem a little disdainful (as another reviewer pointed out) of other popular art journalers who always use layer after layer of paint and include antique-y photos with dunce caps and wings. True, those elements seem to be favored by a lot of artists for some reason. But if THAT is what speaks to those people, then they should do it. I was firstly disappointed that the "365" and "daily doses of inspiration" didn't mean that there were actually 365 writing/journaling/art prompts. They divide the book in 12 sections, meant to be done throughout a year, but then they give you only 4 basic prompts, that, one would assume, you are supposed to ruminate over for 7 whole days. I think they mention that there are places on the internet that list journal prompts, but couldn't they have just come up with a big list anyway, to make the title more true? I liked the prompts, I will possibly work some into my journal, but their techniques that they show were all pretty much covered already in their other book. I really love the look of the cover. And one last note: Neither of these guys must have kids for them to suggest you leave your journal out and open on your desk. If I were to do that, my kids would grab the nearest crayons and scissors; goodbye journal.

This is one of my favorite go-to books for ideas for my sketchbook. The ideas are new and not overused. The pictures and directions are clear and allow for the reader to make their own decisions and designs. It is definitely not a copy the art project book. It is much deeper than that. I would recommend this book to anyone. I'm hoping to use these prompts for my AP art students next year for their sketchbooks. I feel that both high school students and artists who love working in their sketchbooks would benefit from this book.

I'm a beginning Art Journalist. I hesitated at first, because due to illness I've been home every day and I didn't think I'd have anything interesting to say or inspiration to draw from. But also I think, that I had a misconception of what an Art Journal can be. I was under the impression that I would have to be living life out and about. Traveling to different places gathering visual as well as emotional information (something fascinating and really deep) to place in my Journal. To make it interesting. Actually it's not absolutely necessary. I'm not saying it doesn't help but when your choices are limited you can improvise. Not only do they give you great instructions they also give

you prompts. It can be a word, a quote, or passed memories. Anything that gets your mind moving into a thought process. My first page was about my two favorite inventions. I sketched my Kindle e-reader and my iPod and added my thoughts on them. A short paragraph. Silly, maybe, but it was a start. After reading this I realized I was making it more complicated than it was. There's no need to develope angst over it. It's suppose to be fun. I also like their style. Many Journalists like to make their Journals three dimensional by that I mean they apply buttons and things that makes it very bulky. I'm not saying that's bad. I just prefer the way they add interest to there pages. They add it with paint, sketches, words or fonts, newspapers, magazines, receipts, stamps, tissue paper etc... In the form of a collage. It's interesting without being too bulky. Obviously, it's personal preference. Just do what you love and have fun. I am.

The authors really do live up to their promise of a daily source of inspiration. At first I didn't always connect their prompts in journal keeping with my personal interest in painting, but wanting to get the most out of their material I obediently proceeded to follow each prompt. It required a lot more writing than I had planned on, and a lot of personal history that I found irrelevant to my goals as an artist, not an an autobiographer. This is likely because I am somewhat older than the average reader of this sort of book, and no longer feel much of a need for self discovery or self examination. Be that as it may, I have so far enjoyed the activities, and most of all, I find that my overall creativity level is indeed inspired, and shows in my artwork. The down side is that I spend time on my journal that I should be spending on my painting.I purchased a second copy as a gift for a friend, and it seems to be inspiring her to return to her own artwork after a hiatus of some years.

Anything that had 365 in the tittle suggests everyday of the year. I expected something for everyday, even if it was just a tip of the day or suggestions on how to journal everyday. I was really hoping for a prompt for everyday but this book doesn't even come close. I really wish I had read the reviews before buying it.

This is a nice book with some good ideas. The format is interesting and the instructions clear and easy to follow. The large illustrated pages are great, wish there were more of them. Didn't buy the book for the prompts but it's loaded with them, so for people who are looking for direction or inspiration, this book may be very helpful. The book encourages artists to use what they have on hand...bits of this and that, scraps and recycled material. It's a book you might want to check out.

I expected daily doses and got more like ramblings grouped under some headings. Not enough in examples of pages from beginning to end. It only gives some pieces from the middle. Does not feel like 365.

I like that it discusses when you make mistakes and that your journal doesn't have to be perfect. It teaches you how to self-reflect.

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