



Creative Journal: The Art of Finding Yourself

Lucia Capacchione

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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.

Creative Journal: The Art of Finding Yourself Details

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Author : Lucia Capacchione

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Vicki says

This great book helped me find myself through writing with therapy and creativity. It helped removed writer's block which was a huge problem for me.

Sock says

This book was my first introduction to creative journaling and therapeutic art. I loved it. Now I'm no longer in love with this book, but we're still good friends. It's unique among the newer explosion of creative journal books because of it's simplicity. The only materials required are paper and felt pens, and the examples from other people's journals use only these materials. I'd recommend it to people interested in using prompts to inspire self exploration in journal form.

Liaken says

Lots of great writing and art ideas for self-exploration.

Michelle says

This is a great introduction to those who are new to art journaling. As someone who's always done text journaling, I am exploring art journaling and adding visual elements to my journaling. I like how the author has divided the chapters. The visuals in the book are helpful. I plan to look into some of her other books.

Janice says

This was exercises for journaling. That part was good, but there were too many examples of other people's journals. Maybe the exercises should have been up in the front with the examples in the back so you didn't have to see them right away. I know me as someone who can't draw and I was intimidated by the drawings. And those who don't write poetry or have even looked at it since they left school might intimidated by some of the other entries.

So the exercises were good; there should be fewer examples or placed where you could look at them if you wanted.

William Woodhouse says

This book had a lot of great ideas for journaling to find yourself using words and drawings. I think most people would find many suggestions here to trigger thoughts which would take them places they might not have found without the author's little boost. On the negative side, the book is pretty touchy-feely and also, like so many self-help books, gives beaucoup exercises which would take a very long time to do.
