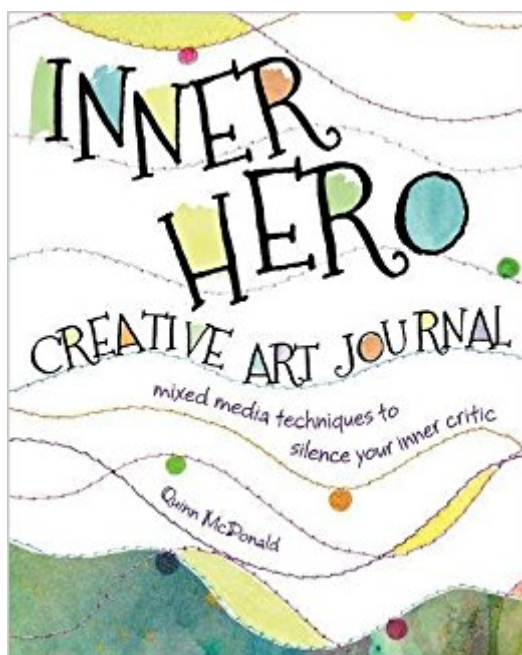


The book was found

# Inner Hero Creative Art Journal: Mixed Media Messages To Silence Your Inner Critic



## Synopsis

Dear Inner Critic, meet your inner heroes! As a creative person, you are familiar with the critic--that nagging presence in your head that is always trying to point out your shortcomings. But there is hope: Your inner heroes are also always with you at your worktable. Through the creation of your personal Inner Hero Creative Art Journal (a series of loose-leaf cards, each with a new mixed-media technique), you will invite an inner conversation that will illuminate your best self. Your inner Scribe, Tarot Reader, Alchemist, Gardener and Wise Woman each long to be introduced to your inner critic and to show you a positive and more supportive perspective. Those who wish to step up to their inner critic will soon hear a gentler voice. Overcome negative self-talk--Each chapter introduces a variety of ideas and exercises to release your inner heroes. Discover a new format--Loose-leaf watercolor pages become art-journaled cards you will use over and over again to make meaning of your journey. Mixed media techniques--Discover art-making techniques using inks, photos, watercolors, fabric, eggshells and more to use in your own art journaling. Additional online content--Links to downloadable worksheets and inspiring variations are sprinkled throughout the book. Step out of the critic's shade and into the warmth and comfort of your own creative light.

## Book Information

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## Customer Reviews

Quinn is the author of Raw Art Journaling and a certified creativity coach who helps artists through transitions in their lives and work. Quinn also teaches writing for both corporate clients as well as adults in life-transition situations. She writes two columns for Stampington & Company, and she teaches art journaling locally and nationally.

I loved Quinn McDonald's first book "Raw Art Journaling" and couldn't wait to get my hands on this new title. I'm still working my way through it, but it isn't disappointing me. Her style is such that I'd love to sit and chat with her over a cup of tea, and then pull out pens and paper and just...play. The concept here is that as artists and creative people, we are often dragged down by the Inner Critic--that nasty little voice that stalls us from truly expressing ourselves creatively, no matter what medium we work in. Quinn offers a way of counteracting that voice through a series of exercises designed to summon our Inner Heroes--those other voices and parts of our personalities that take charge when the going gets tough. Being someone with a lot going on in my head, I like this approach of having an inner dialogue and bringing it out onto paper, and not only that, but in a creative way. There are a lot of practical ideas, examples and prompts, plus Quinn's easy style makes you feel like she understands what is going on through your head: you are not alone! There are lots of fun and useful worksheets to fill out; my only gripe is that throughout the book on these worksheets it says there are more free downloads available to compliment the book. This is a gimmick a lot of authors are using these days and I kind of like it PROVIDED THERE ACTUALLY IS ADDITIONAL FREE CONTENT AVAILABLE. When I went to the web address indicated, there were only links to the worksheets featured in the book. Nice, if I don't want to mark up my book, but you are definitely lead to believe there is bonus content. Perhaps there will be down the road, but I don't have the time to keep checking back. It should have been ready upon the print copy's publication. Still, I'm a fan!

I love this Art Journaling book. I have a collection of them, and this one ranks at the top. It is very full and in-depth. So much great information on digging into your psyche and figuring yourself out. Besides being an Artist and Author professionally, I love art journaling as a meditative, soul-searching quest. I've been battling depression, anxiety and PTSD, and Art Journaling has become a fantastic outlet. I'm not quite through this entire book yet, it's going to take some time to get there, but right from the first page, the author engages you, encouraging you to look inside yourself. It's 128 pages, with about 120 of those pages being actual art journaling pages full of fantastic information. Very descriptive in both written word, and filled with pictures. Right in the beginning the book lays out a list of supplies you will need, most of which if you're an artist, you'll have lying around. And you can always substitute and change things out to your liking and put your own spin on the project. The whole book is a guided journey. The author tells you stories, with background and history, and helps you to create the projects on each page. In the beginning of the

book, basically, you are putting together sheets of watercolor paper to use like Tarot cards. I've been using my 'essentials' pad of watercolor paper - 15 or 25 sheets in each pad that are 5x7 each. [https://www..com/Langnickel-25-Sheet-Watercolor-Essentials-12-Inch/dp/B001CZQOY8/ref=sr\\_1\\_2?ie=UTF8&qid=1472590942&sr=8-2&keywords=essentials+watercolor+paper+pad](https://www..com/Langnickel-25-Sheet-Watercolor-Essentials-12-Inch/dp/B001CZQOY8/ref=sr_1_2?ie=UTF8&qid=1472590942&sr=8-2&keywords=essentials+watercolor+paper+pad) I find these to be the perfect size for what they are asking. Through the book you also make color block mosaics, fabric and paper collages, you use soy silk paper on one project that I've seen, sheer fabrics and stitching on another. (Yes, you stitch thread to the paper. Great idea!) It has you using envelopes and cards, making an expandable holder for all your work, and even re-purposing an old book. (Which I LOVE to do. I love learning new techniques!) The author takes you through a detailed journey, filled with different techniques using many different tools, media, and ideas, including one project made with egg shells. If you're considering this book, you'll enjoy it! Take a chance.

I really like her idea of creating individual pages versus working in a hardbound journal. I've always found that trying to create in a hardbound journal is daunting...I'm always afraid of messing up the page and being stuck with it.

This is an amazing book. I have been art journaling for about 6 months not for art to put on my wall but to explore emotions and tensions that I hold in. This book shows how to form an intention for your daily journal and continues with excellent prompts. If you had super powers what would they be and then has a full explanation of what Jung means when he discusses archetypes. I'm doing water colors right now following her prompts and looking for patterns and forms in my work which I then journal about. Even if you are an accomplished art journalist there are prompts and ideas in this book that are worth exploring which to me is the whole idea of art journaling.

Product as promised, fast shipping.

Many many interesting ideas to try.

I enjoyed really narrowing down what my inner critic looks like and how it presents itself in my life., as well as my inner heros. I was so disappointed though when she only presents activities for the few heros she wants you to pursue. I didn't connect with any of the activities and felt like I had wasted a week of really hard work and introspection.

To help you be more creative and overcome any negative self-talk... I'm a fan of the author, so might be a bit biased, however I believe this is a terrific book with enough details to get you started on your path of creativity, minimizing & overcoming your self doubt.

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