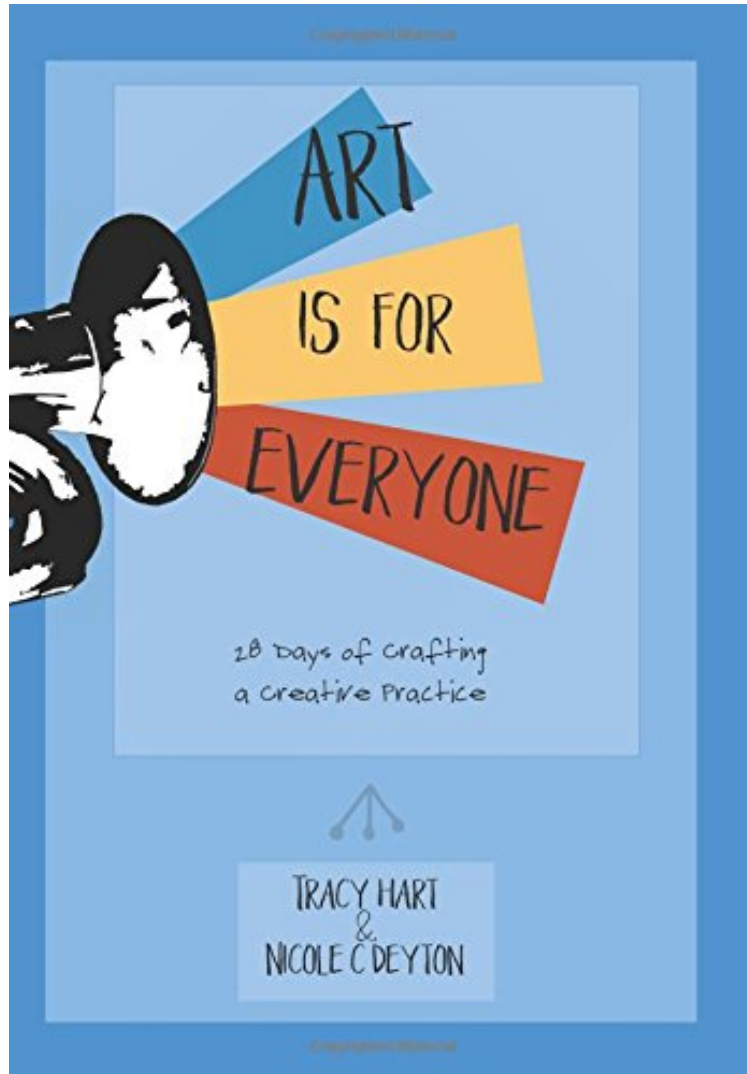


Art Is For Everyone: 28 Days of Crafting a Creative Practice

Tracy Hart

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Art Is For Everyone: 28 Days of Crafting a Creative Practice is your 4-week companion for exploring simple ways to use art materials (even if you've NEVER made art before) as a daily creative practice. Each week offers you: * A detailed list of suggested art materials to try. * An encouraging mini-essay to get you started. * 7 specific creative

prompts with visual examples of real artwork from our own sketchbooks. Plus, you'll learn how to make space in your day for a creative practice, and how to integrate meaningful personal rituals into making art or journaling. By day 29, you'll have a clear sense of your artist self, a thirst for adventure, and abundant resources to accompany you on the path to creative possibility.

About the Author Tracy Hart and Nicole C. Deyton founded Bent Tuba Studio. In various ways, they are both artists, teachers, and writers. (Nicki is also a graphic designer, and Tracy is an art therapist.) They share a home in Greensboro, N.C., with three cats and a wonderfully tremendous number of books.