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To Give Your Creative Spirit
Wings Kelly Rae Roberts

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of creativity as you test your wings and

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Learn to find the sacred in the ordinary,
honor your memories, speak your truth
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and wrap yourself in the arms of Spirit
community. Along the way you'll be
inspired by: • Step-by-step
techniques--learn the most-loved
mixed-media methods of the author
and seven talented contributing artists,
and combine them in fresh and
unexpected ways. • Thought-

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provoking prompts and quotes--along with encouraging stories, insights and gentle guidance for finding your bliss, whatever your art or craft. • Plenty of eye-candy--pages and pages of the author's endearing artwork, along with the varied works of the contributors. Of course, learning to fly isn't entirely a

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step-by-step process--sooner or later, you just need to take a deep breath and spread your wings. With Taking Flight as your guide, there's no doubt that when you do, your creativity will soar.

Popular artist Kelly Rae Roberts'

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engaging images invite women to shine brightly in all that they are and all that they do. This gift of hope, faith, courage, and gratitude showcases uplifting art and expressions of possibility to celebrate a woman's adventure of purpose and delight.

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Express the art within you There are clues all around you—sounds, textures, memories, passions—just waiting for you to shine a light on them, and unearth the most intimate form of expression—the self-portrait. Inside

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Inner Excavation, author Liz Lamoreux will be your guide, along with eleven inspiring artists, as you discover more about who you are, how you got here and where you wish to go. Prompts and exercises will show you how to express who you are through the photos you take, the words you write

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and the art you create. Find encouragement and fresh ideas in these pages as you: Uncover prompts to use your senses for exploring and capturing where you are in any particular moment. Tap into the poet's voice that's whispering inside of you, even if you've never written poetry

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publishing. This book is for the large
audience of artists, crafters, and
creative individuals from all walks of
life who desire to make a livelihood
from their creative work, or who
possibly have achieved some success,

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but don't know how to replicate it or move to another level of accomplishment. These crafty DIY artists are everywhere--they are holding alternative craft fairs, they advertise in the pages of Bust and ReadyMade and Craft, they are selling online by the thousands at Etsy.com,

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and are blogging at Typepad,
LiveJournal, and Whipup.com. But
many of them do not have the skills
needed to take their business ideas to
the next level. The Creative
Entrepreneur takes readers on an
inner journey of creative exploration to
discover how to make their dreams of

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their own Artist's Business Journal.
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The Artist's Business Journal is a
visual, project-oriented, step-by-step
approach to business development for
artists from all walks of life who are
mystified and possibly frustrated by
how to make a business out of their

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How DO they do it? If you could ask your favorite artist or crafter only one question, chances are you'd ask about creativity: Where do your ideas come from? How did you get started? What are your tricks for overcoming blocks?

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In *Living the Creative Life*, author Riccë Freeman-Zachery has compiled answers to these questions and more from 15 successful artists in a variety of mediums—from assemblage to fiber arts, beading to mixed-media collage. Creativity is different for everyone, and these artists share their insights on the

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muse (if you believe in her), keeping a sketchbook (or not), and prioritizing your art, whether you aspire to create solely for your own pleasure or to become a full-time artist. • Try your hand at creative jumpstarts straight from the pros. • Glimpse the artists' innermost thoughts and works in

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To give as you peruse pages from their journals and notebooks. • Share textile artist Sas Colby's triumph over creative block during an exotic art retreat. • Learn how internationally acclaimed artist James Michael Starr uses experience from his former "day job" to fuel his creation today. •

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Explore the work of Michael deMeng, Claudine Hellmuth, Melissa Zink and the other artists right alongside their insights. No crafter or artist should live the creative life without Living the Creative Life! The inspiration is contagious.

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New York Times Bestseller Over 2.5 million copies sold For David Goggins, childhood was a nightmare - poverty, prejudice, and physical abuse colored his days and haunted his nights. But through self-discipline, mental toughness, and hard work, Goggins transformed himself from a depressed,

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Overweight young man with no future
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Ranger, and Air Force Tactical Air
Controller, he went on to set records in
numerous endurance events, inspiring

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Outside magazine to name him The Fittest (Real) Man in America. In this curse-word-free edition of Can't Hurt Me, he shares his astonishing life story and reveals that most of us tap into only 40% of our capabilities. Goggins calls this The 40% Rule, and his story illuminates a path that anyone can

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follow to push past pain, demolish
fear, and reach their full potential.

This practical step-by-step guide to
haute couture embroidery covers
everything from machine and hand
stitching, to tambour beading,
goldwork and monogramming.

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Whether you are interested in adding monogrammed initials to your favourite bathrobe, stitching a flower on your favourite jacket, adding sparkling beads to a new dress or creating a goldwork embellishment, Fashion Embroidery teaches you how to add a unique touch to your clothes. In this

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Beautifully illustrated book, Jessica Pile, the Production Director at Hand & Lock embroidery, explores the intricate techniques used in fashion embroidery. With hand-drawn designs, catwalk photographs and step-by-step guides, this book is perfect for beginners looking to personalise their

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own clothes, as well as more experienced embroiderers who want to apply new techniques to different fabrics. Beginning with an inspirational overview of the fashion industry, Jessica looks at examples of embroideries and embellishments by a variety of couturiers, including

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Christian Dior, Louis Vuitton, Hardy Amies and Burberry. The book then demonstrates the basics of three main techniques goldwork, tambour beading and embroidery stitches including silk shading, satin and stem stitch. In do-it-yourself projects, Jessica first helpfully explains the basics of materials; she

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Teaches you how to pick the right fabric, what tools to use, where to source materials, what types of wire or beads to use and terminology. Taking influences from existing couture designs, she then shows you how to execute these learned techniques onto your own clothes. This book is perfect

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for fashion students, textile artists, and those who want a more unique look to their clothes.

Embody your passion, share your creative gifts, impact the greater good. In *Desire to Inspire*, you'll meet a wide range of writers, artists and

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entrepreneurs, all with a common mission: to make an impact in the world, share her message and encourage others to inspire those around them. You'll get personal insight into the creative passions of artists like Carmen Torbus, Pixie Campbell, Christen Olivarez, Tracey

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Clark and so many more! 10 chapters address a universal need for artists to have a meaningful impact in the world through the making and sharing of art. Includes inspiring stories and art from 20 high-profile artists and provides examples to get your own ideas stirring. 20 engaging exercises help

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you discover your own strengths,
goals and potential paths to inspire
others and make as big an impact as
the contributors. 20 inspirational
quotes (on two full-color pages, printed
on heavier cardstock) to create your
Inspiration Deck. Let Desire to Inspire
fuel your creative passions and start

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Reveal your own uniquely beautiful layers by painting with poetry. Layered Impressions is the muse you need to marry your love of written expression and your passion for paint, revealing the colors of your true nature--the

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whispers from your soul. Katie Kendrick leads you into her world of impressionistic painting and shares her techniques for creating art that is as authentic and multilayered as you are. Through projects such as a mobile-like wall hanging, a soulful doll, a handmade frame or a quilted journal,

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you'll learn to use a variety of mediums, while learning much about yourself in the process. With Layered Impressions, there is much to explore:

- Prior to painting, use writing exercises to release imagery and feelings, expanding self-awareness and providing elements you can bring

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into your artwork. • Taking cues from the Masters, explore different styles and find elements that work together for you. • Deepen your personal sense of community and purpose with "giving back" ideas at the end of each project. Expect the unexpected and see what lies between your own unique layers

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