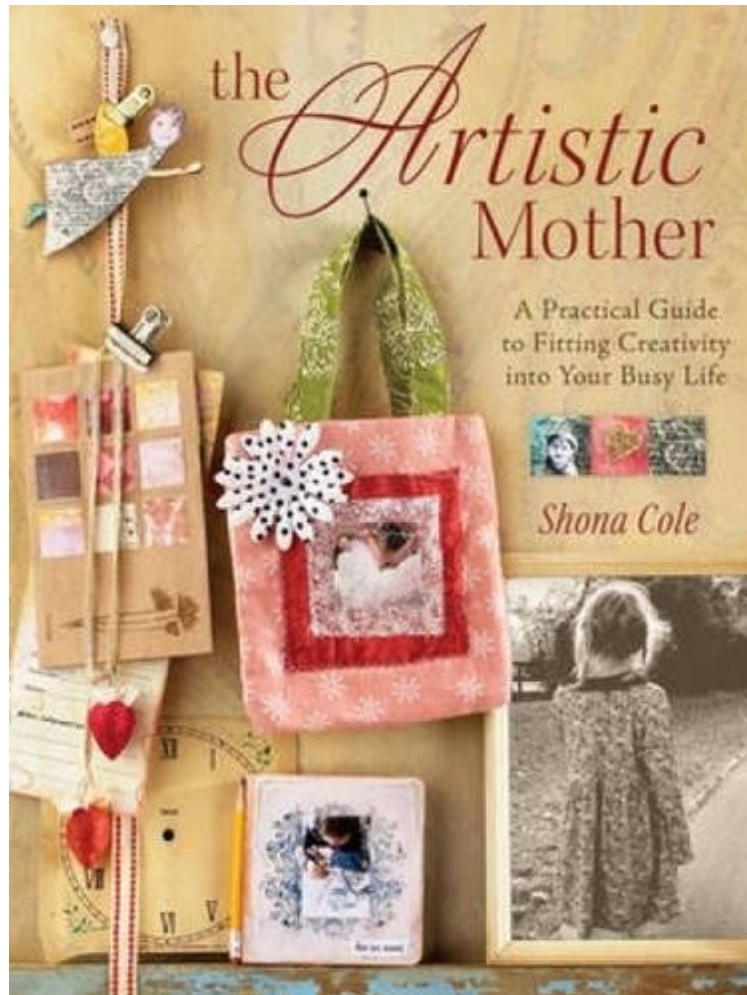


The Artistic Mother: A Practical Guide to Fitting Creativity into Your Life

Shona Cole

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Shona Cole : The Artistic Mother: A Practical Guide to Fitting Creativity into Your Life before purchasing it in order to gage whether or not it would be worth my time, and all praised The Artistic Mother: A Practical Guide to Fitting Creativity into Your Life:

0 of 0 people found the following review helpful. An interesting book aimed at not just mothers but anyone who is busy and wants to make time for creative arts.By Joseph J. TruncaleEven though this book is clearly aimed at mothers who love to be artistic, there is no reason why anyone interested in being creative cannot find many interesting things in this 128 page soft cover book. The introduction explains why mothers should make time for art. There is also information about the information in this book.This book is organized into five chapters. The first chapter covers understanding creativity, the process of creativity, and learning from the wise. Motivation to create is the topic in

chapter two. The artistic vision statement and goals list are explored. The third chapter is planning, which deals with creating time and space to do your art. The fourth chapter covers the media arts such as photography, poetry and other topics. The final chapter (Workshop) gives a week by week list to follow in your creative projects. There is also a resource and index portion at the end of the book. In conclusion, if you are a woman with or without children who has a desire to be creative you should check out this interesting and helpful book. Rating: 4 Stars. Joseph J. Truncale (Author: Haiku Moments: How to read, write and enjoy haiku). 3 of 3 people found the following review helpful. Motivating ReadBy E. Andrea Hathcock I had just begun to get interested in jewelry making before becoming pregnant. Of course, I put that on the back burner in order to get ready for the baby. However, now that my daughter is eight months, I really felt that I owed it to myself to start up something just for me...to help me have something beautiful and yet purposeful to occupy my precious down time. So, I came upon this book and was really interested to see what it would propose. I found the words of all the contributors so thoughtful and inspiring, really helpful and genuine. I loved the fact that it combines various forms of art and motherhood. You don't have to necessarily feel guilty that you are doing something you love and taking time away from the obviously important tasks of parenting. The book outlines easy projects and better yet, gives time frames in which to complete them. I love it. I have already written one poem, which I never thought I would do. I really did think that poetry belonged to "other" people. But the author really gives a systematic way of working toward a poem that just makes sense. Anyway, I am happy with this purchase and highly recommend the book. 7 of 7 people found the following review helpful. Gorgeous book, so inspiring! By Cliente From casting a 'big picture' vision, all the way down to the 'nuts bolts' of fitting creativity into the very busy life of a mother, Shona covers it all. Beautifully! I love the 12 week project section. While I will enjoy doing the specific projects she has planned out, I am more excited that it has got my own creative juices flowing again. The thing I'm most excited about with this book is that even though I haven't even started the projects yet, I've got a 'pep in my step' again. Through her moving poetry, gorgeous photos and beautiful projects, Shona elevates the journey of motherhood to a thing of exquisite beauty and shows that it can be done with excellence...right along, and because of art. And a final thought...kudos to the designer Melissa Bowers. This book is really such a pleasure to look at!

Are you a busy Momma who loves art but can never fit it in? When you have kids to feed and errands to run, finding the time to create meaningful art can be difficult. In *The Artistic Mother*, Shona Cole, mother of five and mixed media artist to boot, helps you make the time and space in your life for your artistic passion while incorporating your love for your children into your art. Shona guides you through the Artist's Workshop, a 12-week course that includes step-by-step instructions for making artwork inspired by your children. You'll also be introduced to seven other artistic mothers from whom you can draw inspiration and encouragement. Discover within the pages: The Artist's Workshop, a 12-week art course that teaches you how to bring creativity back into your life Step-by-step instructions for more than 12 finished art pieces celebrating motherhood and family A weekly action plan to help you make the best use of your time Artist Spotlights that introduce you to 7 inspiring artist-mommas Tips on creating time and space in your life for your art A beginner's guide to each of three much-loved arts: poetry, photography and mixed media Don't go another day without bringing together your two passions: motherhood and art!

About the Author Shona Cole is a mixed media artist and photographer, as well as an artist-on-call for Stampington. She is currently working on a poetry book and has been published in numerous Stampington publications.