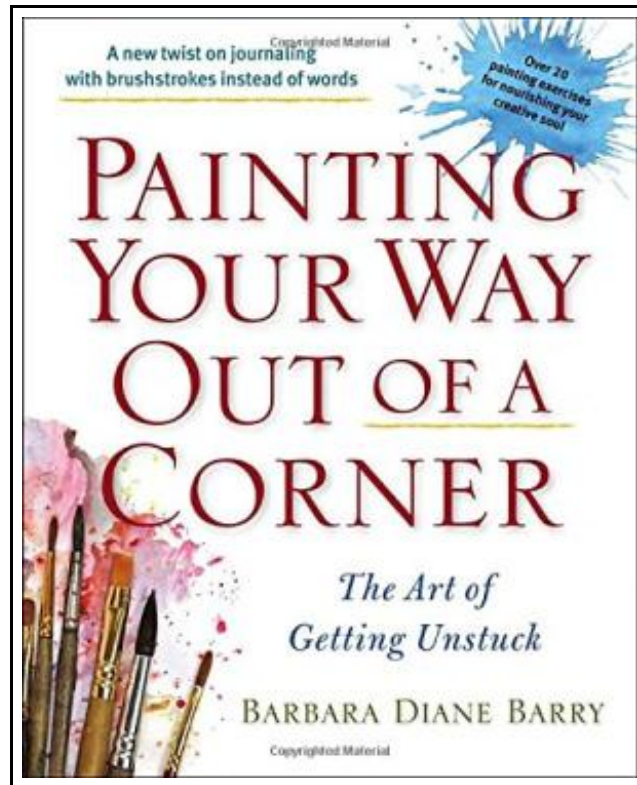


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Tarcher, 2014. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "Barbara Barry provides a practical and workable solution to the most daunting problem for all those who yearn for self-expression through art: How to get started . Her prescriptions for painting as journal-keeping and her imaginative exercises show her skills as a teacher and her respectful empathy for the beginner's fear of the blank page and the inner critic. So often, just getting going is the problem. This book will make you want to jump in." Betty Edwards, author of the international bestseller *Drawing on the Right Side of the Brain* "Much more than just a wonderful guide for learning to paint, this book is a glorious gift to anyone who yearns for a more creative life!" Michael J Gelb, author of *How to Think Like Leonardo Da Vinci* "I love this book! It supports readers exploring themselves in a symbolic way that results in true transformation. I am already using it with myself and my clients." MJ Ryan, author of *This Year I Will*. "There are two ways of spreading lightto be the candle, or the mirror that reflects it. This book combines both. When you paint in your journal, you are the candle that creates the light that shines on your inner thoughts and fears, and the journal reflects back this light to make you aware of the creative choices you must make to navigate through the difficulties of life." Michael Michalko, author of *Thinkertoys* and *Creative Thinkering* "Barbara Barry has developed an amazing method for opening the creative flow for anyone who wants to dip in and draw from deep water. Writers, poets, painters, chefs, designers, or anyone who wants to work from a creative center can let her be the...



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