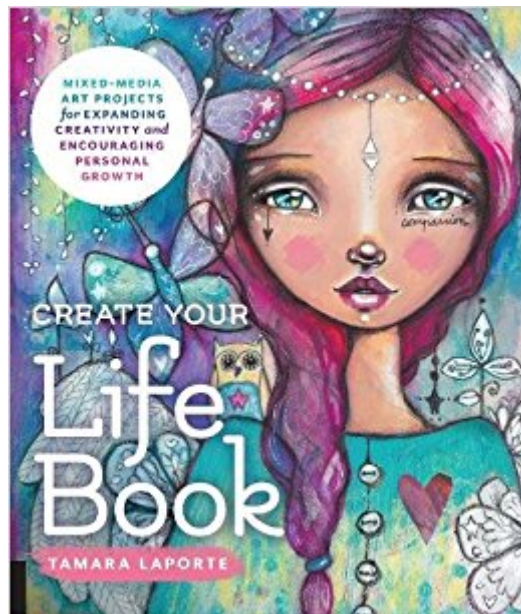




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# Create Your Life Book: Mixed-Media Art Projects For Expanding Creativity And Encouraging Personal Growth



## Synopsis

Celebrate and honor your creative potential with *Create Your Life Book*! Based on much-loved mixed-media artist Tamara Laporte's popular, multi-year series of online classes, *Create Your Life Book* offers mixed-media drawing and painting projects that can raise your awareness of and help you work through personal challenges and other obstacles to creating art and achieving self-fulfillment. Each themed chapter presents 4 or 5 two-part projects: The first part of each project explores a common issue that hampers creativity and/or positive self-worth, and includes a worksheet or list of questions to be answered; the second part is a step-by-step mixed-media art project that provides a way for artists at all skill levels to contemplate and work through that issue. Also included are projects contributed by some of Tamara's Life Book guest teachers--Roxanne Coble, Andrea Gomoll, Alena Hennessy, Mystele Kirkeeng, Ivy Newport, and Effy Wild--who are noted mixed-media artists in their own right. Along the way, Tamara shares inspirational photos and uplifting and encouraging affirmations. The final chapter presents a simple binding method for creating a keepsake book of your Life Book projects.

## Book Information

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## Customer Reviews

Tamara Laporte is a celebrated mixed-media artist and art teacher who has been running her own creative business, [willowing.org](http://willowing.org), since late 2008. Since then she has become a creative catalyst for thousands of artists. Her work, which can be described as mixed-media folk art meets magical realism, ranges from whimsical children's illustrations to more stylised fantasy art. Symbolism and layering play a big part in her work, and her paintings often contain healing themes, uplifting messages, and inspirational poetry. Tamara believes that the act of creating art can be a gateway

into healing and personal growth. Her art classes often contain an element of self-development as well as learning art techniques. She is deeply devoted to helping people get in touch with their creative fire, and works tirelessly to bring uplifting, nourishing, creative, and empowering content to her amazing tribe of thousands. Her work and articles have been published in several art magazines and books and she has been interviewed on several radio programs. She runs a variety of popular art classes on her Ning network, which has more than 24,500 members and grows by 150-200 mixed-media enthusiasts each month. She lives in Devon, UK.

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