

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—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.



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