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## Art Doodle Love (Paperback)

By Dawn DeVries Sokol

Stewart, Tabori Chang Inc, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book. Many people love the idea of living a more creative life, but don't know where to begin. Art Doodle Love by art journaling expert Dawn DeVries Sokol is the perfect way to try out their creativity by sketching, collaging and writing their thoughts. Loosely inspired by the book Eat Pray Love, Elizabeth Gilbert's memoir of self-discovery through a year of travel, Art Doodle Love overflows with colourful, vibrant pages for thinking, collecting, venting, soul searching and documenting everyday life. A front section describes how to use the book and suggests the best pens and markers for drawing and doodling, the best techniques for art doodling tasks and also offers multiple exercises to get the doodle mojo flowing. Following this are prompts with various painted and collaged backgrounds to spark inspiration. Throughout the process, the journal keeper develops her artistic skills, gains confidence in her natural creativity and learns about herself through self-reflection.



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