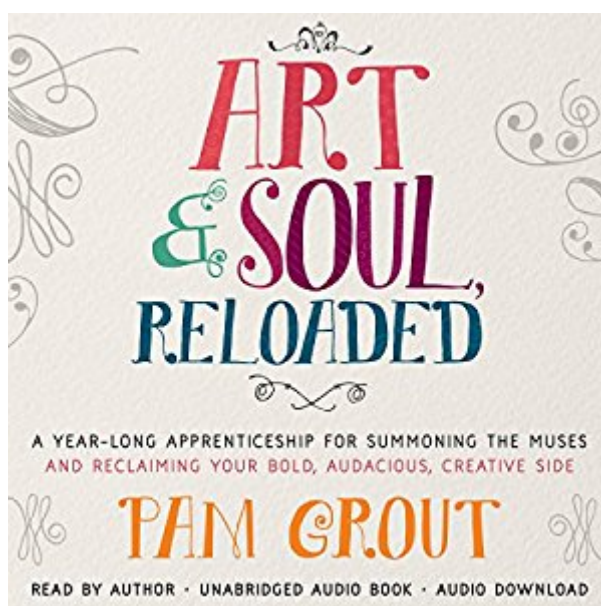


The book was found

# Art & Soul, Reloaded: A Year-Long Apprenticeship For Summoning The Muses And Reclaiming Your Bold, Audacious, Creative Side



## Synopsis

With her trademark humor, enthusiasm, and no-nonsense guidance, Pam Grout, the number-one New York Times best-selling author of *E-Squared*, invites you on a yearlong "apprenticeship" to recognize and unleash your innate creativity. Making art does not necessarily mean painting a gallery-worthy still life or belting out a Grammy-winning song. It simply means finding a way to give your inner muse a voice in this world. Sure, there's drawing, dancing, singing, and writing. But there's also art to be made from creating your own pair of angel wings or inventing a new toy or curating your own at-home film festival. Each week, Grout inspires you to take on a creative project, offers an inspirational message, and suggests three zany activities to awaken your infinite creativity. You don't need to know anything! You just have to begin!

## Book Information

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## Customer Reviews

This is an exhausting book that tries way too hard to be zany. Essentially an updated version of a previously published book it endeavors to serve as a year round guide to spark creativity. Each week includes a brief chapter, a section entitled "Just Do It" which involves completing an activity. Activities range from writing invocations and essays to naming Cds or making costumes. This is followed by "Zumba for the Soul" and includes three exercises ranging from the benign like writing affirmations to the bizarre "ride up and down in an elevator all day and draw shoes"; "mime on a street corner", "go shopping in a Groucho Marx nose and glasses". finally there is a "you're In Good company" note which highlights a challenge suffered by a celebrity. I thought the written chapters

were enjoyable and to the point. Depending on where your interest lies the "Just Do it" exercises might be worthwhile. I do think she missed the most obvious point. Just doing it is key. Not doing a bunch of silly stunts but actually mastering the craft is key. The Zumba exercises were for the most part stupid, a pathetic attempt to demonstrate how wildly creativity. There is a fine line between being free spirited and being in need of a mental hygiene arrest. If you need to try this hard to be creative maybe your talents lie in different areas. It is good that the book is broken down into weekly chapters because it would be a challenge to read all at once. It is like cotton candy for the soul. a little is sweet, too much just makes you sick.

I read through part of the book and I am excited. While developing a new daily practice it is helpful to have something fun and insightful to focus on. Diving in today!

Absolutely loved this guide to becoming your most authentic, and fun self!!!! Pam Grout's voice and inspiration are refreshing and well, inspiring. She makes me laugh. This should be required reading for everyone over the age of twelve.

I love Pam's books and as a creative, had to have a copy of this. It's a chapter a week, taking you thru the whole year. Just started it and am loving it.

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