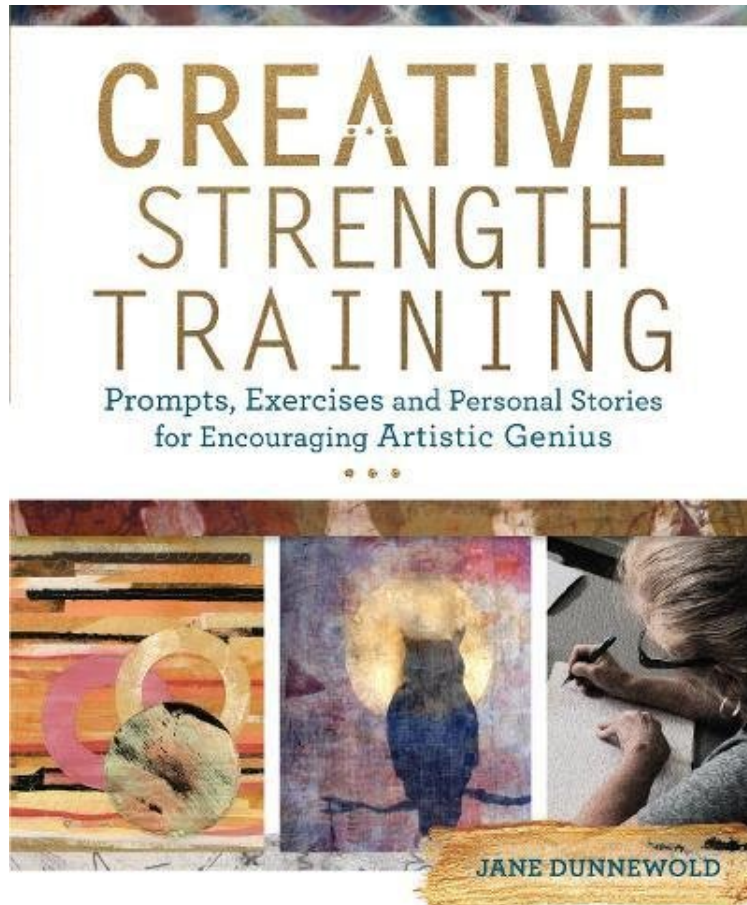


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Creative Strength Training: Prompts, Exercises and Personal Stories for Encouraging Artistic Genius

Jane Dunnewold

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Jane Dunnewold : Creative Strength Training: Prompts, Exercises and Personal Stories for Encouraging Artistic Genius before purchasing it in order to gauge whether or not it would be worth my time, and all praised Creative Strength Training: Prompts, Exercises and Personal Stories for Encouraging Artistic Genius:

58 of 61 people found the following review helpful. InspirationalBy Judy CookI consider myself very fortunate to have taken Jane Dunnewold's Creative Strength Training online and to have studied with her in her Mastery Program. I recommend Creative Strength Training to artists of any medium. I want to share what an impact her book has had...My mother in law Jean, has always loved doing textiles. From weaving to quilts to beading to dyeing, to sewing. For as long as I have known her she has had creative ideas simmering in her mind. Over the last few years she has had

to give up her textile work due to macular degeneration. She resigned herself to not being able to see well enough to continue and had shut down that creative part of her mind. Jean has been very interested in what I've been studying with Jane. So I loaned her my copy of Creative Strength Training. She has been struggling to read it with her magnifying glass. She says Jane's writing is stirring her creative juices. She says she can't do the work anymore but she can picture in her mind what she would do and she is enjoying that. Today she called me, she had been to visit the Lion's low vision office. They set her up with a device that magnifies books so that people with low vision can read again. She said the first thing she did was to put Creative Strength Training in the device. She's is so excited to read more easily and your book is the first on the list. It's really great to hear that spark in her voice again. 50 of 53 people found the following review helpful. The material covered is great. I was so excited when it arrived! Unfortunately they printed this book in a light SMALL font making it almost impossible to read. I have to use a magnifying glass to try and read the text line by line. I have two other friends who also purchased the book at the same time. We are all 3 having difficulties reading the text. It's a shame really because I like her style of writing and have enjoyed what I have strained to read. I might swap this back for a kindle version where at least I can make the text larger. I hope enough people will complain and perhaps a second edition will come out to address this issue. 0 of 0 people found the following review helpful. The idea behind the book is great and is the message it conveys and artists points of view. I like the idea of it being interactive as well in form of assignments in each chapter. That being said some of the assignments seemed either pointless or far reaching when trying to apply work to content. These assignments were few most were helpful and I still recommend the book to any artist.

Discover a Deeper Connection to Your Artist Self! Artists and athletes alike benefit from strength training. Building creative stamina takes encouragement, mentoring, and regular practice. In Creative Strength Training, you'll discover powerful strategies that combine writing and hands-on art-making to overcome creative stumbling blocks, develop a unique voice and make creating art a regular habit. Overcome resistance while dismantling "the Committee" (that group of inner critics). Explore 10 exercises for making art that stands apart as uniquely yours. Receive support and inspiration from contributing artists who share how each chapter has improved their practice and helped them evolve. Begin a fresh approach to your creative practice. Begin building stamina today with Creative Strength Training!

"Jane Dunnewold's online Creative Strength Training course has helped participants deepen the connection with their artist selves and increase their creative stamina. Now, the same exercises, prompts, and strategies are available in book form. Each chapter addresses an area of potential blockage or provides insight into reframing an entrenched way of thinking. The content is very easy to follow and Jane's warmth and encouraging approach is present throughout the book. This is highly recommended for all artists who want to push themselves a bit more and develop good creative habits!" - Down Under Textiles, Australia