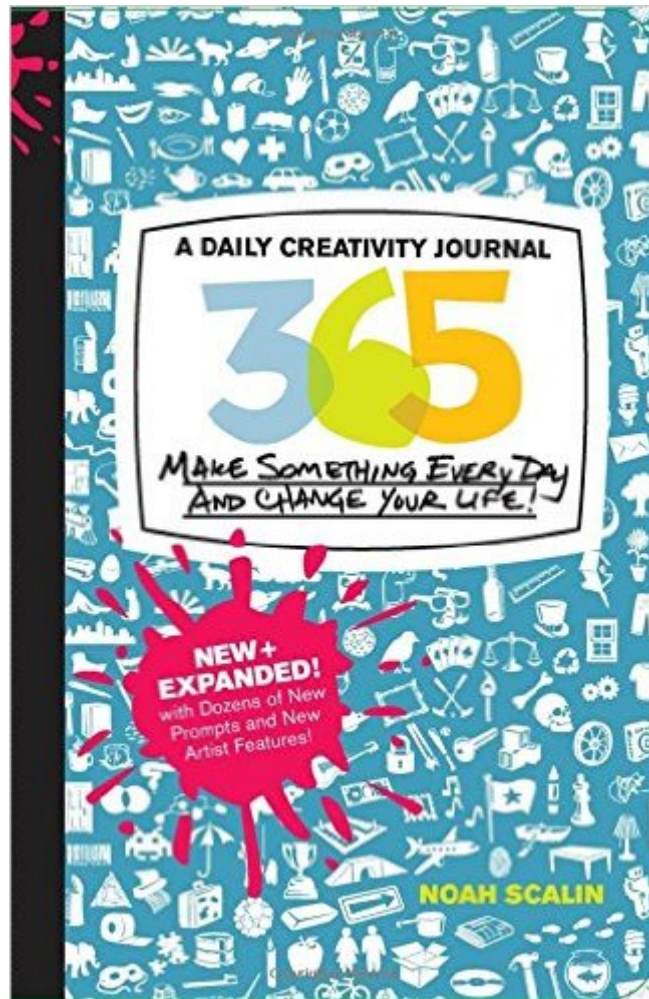


The book was found

# 365 New + Expanded Edition: A Daily Creativity Journal: Make Something Every Day And Change Your Life!



## Synopsis

Your creative spirit is begging you to give it a new challenge. Your opportunity is here; will you take the plunge? The concept of Noah Scalin's "365 method" is simple and inspired: Choose a theme or medium, then make something every day for a year. Noah made 365 skull-themed projects . . . now he invites you to choose your obsession and get creative! Whether you're drawing or using photography or collage--you're strengthening an inner creative muscle. And in this new edition, there's even more to inspire you! You'll find a bonus month of new prompts--now there are more than 400 ways to jumpstart your creative spirit and get inspired! 365 New + Expanded Edition is meant to be marked up and scribbled in. It has space for journaling, sketching, and jotting down ideas--the perfect place to experiment with choosing subjects that matter to you then creating a massive body of work. You'll see how the "365 method" has inspired others, with features on artists and crafters who took the 365 challenge. You'll also have the opportunity to master new techniques you can then incorporate into your projects, including quilling, clay-making, paper pop-up engineering, and more. With 365 New + Expanded Edition, you'll get charged up, messy, and inspired, and you'll see how making something every day can change your creative process--and your life--forever!

## Book Information

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## Customer Reviews

When I was earning a BFA, I had a painting professor who forced me to severely limit my color palate. I grumbled about it at the time, but I found that the creation of forced guidelines freed me and taught me the significance of self-imposed rules. Fast forward some years, and I have just completed day 37 of my year-long project using 365: A Daily Creativity Journal. So far this process

has given me, through structure, a similar, freeing experience. Scalin's process, as laid out in his book, has made me accountable for daily, completed creative production and has forced me to let go by midnight. I cannot put it off, and I cannot over analyze my work or give up on it. I have been forced to work quickly and to accept my work for what it is. The creation of a blog and being a member of the 365 online community created by Scalin have reinforced this. The result has been increased productivity, yes, but more importantly, a new set of eyes for my own work. The book gives examples of diverse daily projects as inspiration and ideas for daily projects, so one never feels stranded without an idea. However, the book is not imposing, and people can use it in different ways: as a journal, as a place to keep notes, as daily inspiration, or as a jolt of inspiration when it is needed. The book's suggestions are unconventional and varied. Some are more challenging while some are gentle prods. Nothing requires expensive materials or equipment. Every suggestion is accessible and open-ended, so there are myriad approaches to each one. Scalin approaches projects as puzzles and explorations and not as controlled activities or rigid guidelines. Does a daily project seem too daunting?

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