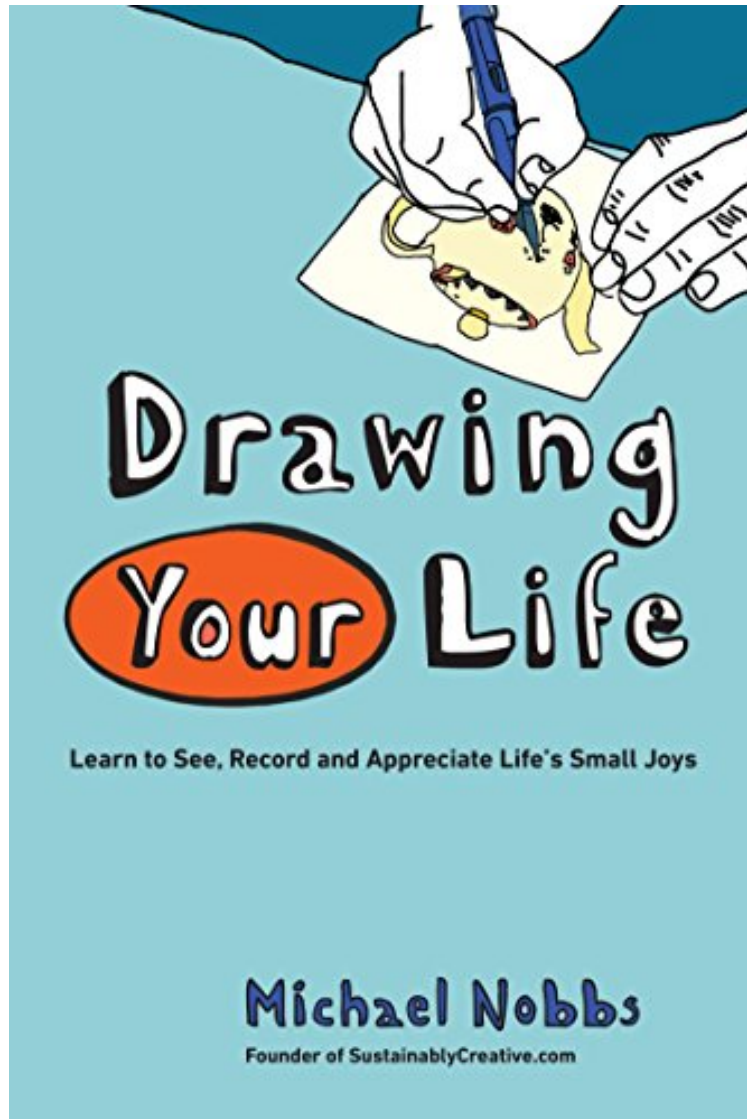


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Drawing Your Life: Learn to See, Record, and Appreciate Life's Small Joys

Michael Nobbs

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activity book for people who have trouble putting pen or pencil to paper in order to fulfill a creative urge. Drawing Your Life is filled with art prompts from a sweet man who overcame more than the usual obstacles to be creative, and who has now dedicated his energies toward helping others do the same. This fun book doesn't waste pages or time with lengthy descriptions of all the reasons we "can't" be creative--Mr. Nobbs just gently gets right to it, encouraging readers to draw right in the book, mistakes and tea stains welcome! With the help of this kind companion, you'll soon be drawing your life, too.0 of 0 people found the following review helpful. Mistake to purchaseBy Rooster MillerIt's Ok2 of 2 people found the following review helpful. Inspiring!!!By gonegirl70This little book is a delight. It is full of suggestions of what to draw and just to open up and challenge yourself to create art out of the everyday things around you. The book also has blank pages to draw on. Inspiring book and fun!!

Observe. Record. Reflect. Create a visual record of your days. Informed by the author's personal philosophy of "Sustainable Creativity," this guided journal encourages creative people--from doodlers and sketchers to fine artists and graphic designers--to develop their artistic impulses and discover their own inspirations through observing and recording--in pictures and words--the ordinary objects in their lives. The book comprises prompts and ideas for things to draw, books to read, items and ideas to collect, and adventures and encounters to pursue. Illustrated with the author's own colorful artwork and observations, Drawing Your Life provides plenty of space for readers to include their own drawings and ruminations so that it becomes not only a record of the reader's journey but also a means for each reader to gain true insight into their own lives and motivations.

About the AuthorMichael Nobbs is an artist and creator of the popular blog Sustainably Creative. He has written and illustrated several e-books and downloadable pamphlets, including Start to Draw Your Life (and 75 More Ways to Draw), and publishes the hand-drawn journal The Beany. He lives in Wales. Author websites: sustainablycreative.com, facebook.michaelnobbs.com, twitter.com/michaelnobbs