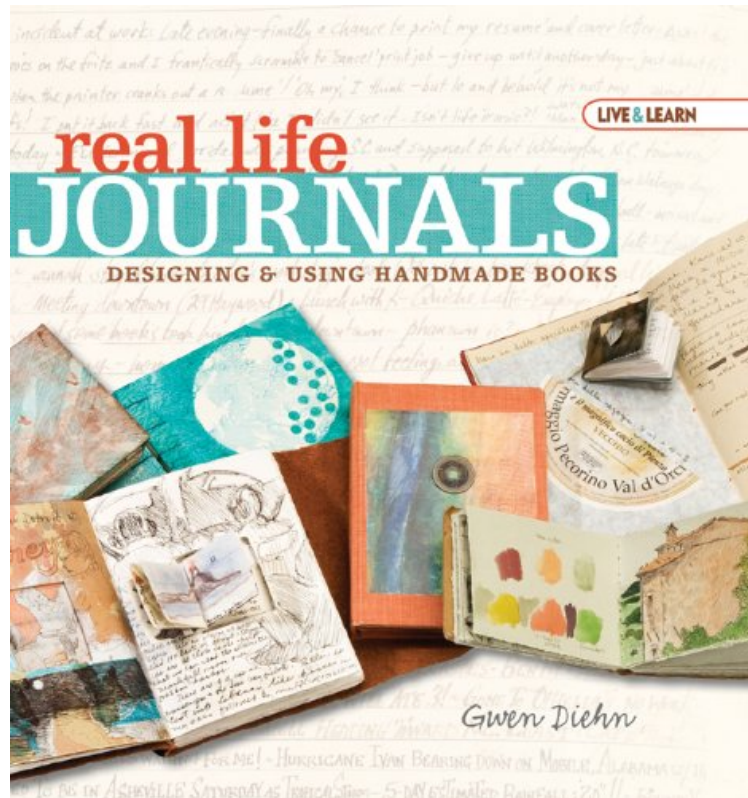


Live Learn: Real Life Journals: Designing Using Handmade Books (AARP)

Gwen Diehn

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Gwen Diehn : Live Learn: Real Life Journals: Designing Using Handmade Books (AARP) before purchasing it in order to gage whether or not it would be worth my time, and all praised Live Learn: Real Life Journals: Designing Using Handmade Books (AARP):

53 of 53 people found the following review helpful. a beautiful and invaluable journal making guideBy Sue BIf you haven't yet made the leap into making your own books and journals to write, sketch or doodle in then thisbook will serve as an invaluable guide to getting started. There is so much information packed into this latestbook by Gwen Diehn that no matter what your experience level with journaling or book making you're sure tofind something to inspire you.This is not just a how to make a journal book. Using the central premise of designing your book from the inside out the author guides the reader through a series of questions about what the intended use of the book is going to be before it's created. Questions such as what size book, will you use paints, pens or pencils on the pages, do you want it to lay flat, have removable or replaceable pages and others are used to help guide the reader through what Gwen calls the "design inventory". This inventory is then translated into an appropriate book design for the binding and cover using the "choose your own bookbinding adventure booklet" found in a pocket on the inside front cover of the book. Once that decision is made you'll turn to chapter 4 of the book where you'll find illustrated directions on a variety of book binding styles such as pamphlets, spiral, piano hinge, longstitch, concertina, coptic and others. Chapter

5 of the book covers a range of book cover instructions such as flexible, hardcover, glued in cover, laced in covers and others. For those not familiar with the basic tools and skills needed for book binding the pull out bookbinding essentials foldout that comes in an envelope in the back cover of the book will be a handy tool to keep on their work table. This pull out guide covers the basics of cutting and folding paper, types of folds, covering boards, how to cut book board and sewing tips. Chapter 3 of the book goes into greater details on bookbinding tools, making headbands, page building techniques, pockets and cover options. The last chapter of this book includes profiles of some famous journal keepers such as da Vinci, Bluemer along side some contemporary artists of today. This chapter is rich with some beautiful images of journal pages insight into some of the history of journal keeping. This is a beautifully done book and is sure to become an invaluable reference for anyone wanting to create their own journals and books be it a simple flexible notebook to tuck in a back pack or travel bag to a hard cover book filled with watercolor paper for drawing on or a scrapbook to commemorate a special occasion or milestone.

36 of 36 people found the following review helpful. Great Journaling book for all levels! By D. Purser I have other books by this author and when I found she was coming out with another book on Journaling, I was eager to get it. I was not disappointed at all with the instructions where you can "interact" with creating your journal specific to your needs and wants. I journal quite a bit and have ventured out to make my own with a variety of pages to use with different mediums such as watercolor. I am however not a book maker and was not really interested in learning at this time complicated ways to make a art journal. What I do like about this book is that you can start out with very simple book making techniques making the journal the way you want. I like that. Looking at the other bookmaking techniques and the very clear instructions given that I will be trying out some of the other ways to make journals such as using a existing book cover with maybe a coptic stitch. It is like having a bunch of bookmaking classes wrapped up in this one book. I did enjoy the stories of folks in the book that shared their stories of what they journal and what kind of journal works for them. I would highly recommend this book to anyone interested in journaling and bookmaking!!!

8 of 8 people found the following review helpful. journaling increases sharpness and strength of memory By Sakuteiki Live Learn: 180 pages of photos, watercolors, line drawings, interviews with journalers as they design what they believe they need in a journal and follow-up after using the custom handmade book for 3 months. A gardener, a photographer, a traveler, a father and daughter who want to journal a life passage together, a grandmother and 5 grandsons, in all 9 journalers design books which are followed from conception through execution. 3 months later journalers' comment on the utility (folds all the way back, lies open flat, stands alone as a table decoration, double-sided so both of us could work on it, piece of artwork in itself, filled up within a month, envelopes too stuffed, too many pages, watercolor paper was too textured) of the original design and their plans for their next hand bound project (add a piggyback pamphlet in an attached envelope to carry in a pocket then transfer notes to the larger journal, too small, too large, waterproof the cover, stronger binding for envelope bottoms). The author extracts the stories, focus, passions of the storytellers by listening to their requests, creating the size (hold in palm, paperback, 8x11), color (white black grays, natural tans yellows browns, bold electric colors, soft tints) paper (handmade, graph, watercolor, calligraphy, vellum, transparent acetate), cover (paper, cloth, leather) and additions (piggyback booklet, envelopes, stubs to add elements after binding, fold outs, windows, doors, drawers, boxes) and binding (sewn, spiral bound, accordion fold, piano hinge) consistent with the journalers' preferences and prejudices.

The Creative Advantage Book: Unleash Your Creativity And Change The World!. Next, details (how-tos) of bookbinding follow the book histories, inviting the reader to create a book mirroring their own uniqueness, working style and interests. Gwen Diehn provides technical advice and instruction in a warm narrative style. Envelopes bound to the front and back covers contain pamphlets: on the front a series of questions in a decision tree to help you to decide what it is you want to do with your book, how you want to bind it, on which page in the larger book to find those directions; on the back cover a pamphlet of essential bookbinding skills. These necessities are condensed into tag along booklets encased in the envelopes as tactile examples of "yes you can do this" adding unusual components like envelopes and the folded map style for one of the pamphlets. Thus the bound book itself shows that anything is possible: if you want to include something unusual because it fits the way you will use your journal, you may. And she provides the instructions for how to bind that into your book (transparencies, veils, nets, windows, tabs). Everyone has a story to tell; sadly some stories dissolve after they are jotted on scraps of paper napkin, partially told in letters or revealed during Thanksgiving confusion. Family history disappears. Gwen Diehn's welcoming attitude gentles the idea that perhaps you too can make a book and write, draw, photograph, cut, paste, tape, paint, express what is meaningful to you, document your life, share your hard earned wisdom with another generation.

The last section from page 150 illustrates actual journals: memory palaces used by Greek orators to help them recall their arguments and sequence, Commonplace books are extracted quotes from books like Tolstoy's Calendar of Wisdom, accumulated Miscellany books depended on the social construction of knowledge to rework images words ideas into one's own volume (Thomas Trevelyan [...]) Recent sketchbooks are included: artist, naturalist, scientist, community garden, mariner books, calendars, 10 year journal, collected images, calligrapher's learning journal, purse journals. The reason for making the journals, how they are used, how many years the journals have been in use are fascinating to read. Our stories help us to know ourselves. For inspiration read Black Sheep and Kissing Cousins: How Our Family Stories Shape Us, A Calendar of Wisdom: Daily Thoughts to Nourish the Soul, Written and

Selected from the World's Sacred Texts by Leo Tolstoy the only book he read during the last 5 years of his life (see the movie *The Last Station* with Helen Mirren), and *Justice: What's the Right Thing to Do?*. *Real Life Journals* is about bookbinding with a purpose, your purpose, whether cookbook, daily thoughts, connection with siblings, children, grandchildren, perfecting your fly fishing or recording the minutiae of daily life. The form of the book, its dimensions, number of pages, kind of pages (map, fold out, door, window, accordion, flap up down out), weight, paper, color, all are chosen by you, hand bound by you, the content is you. To read your book is to know a part of you deeply. A part you care about enough to define, documenting your piece of the 7 billion piece human puzzle. For bookmaking inspiration and instruction: *Masters: Book Arts: Major Works by Leading Artists*, *500 Handmade Books: Inspiring Interpretations of a Timeless Form (500 Series)*, *Cover To Cover: Creative Techniques For Making Beautiful Books*, *Journals Albums*, *Making Keeping Creative Journals* details on knotting for bookbinding, *Inner Journeying Through Art-journaling: Learning to See And Record Your Life As a Work of Art*, *The Decorated Journal: Creating Beautifully Expressive Journal Pages*, *The Decorated Page: Journals, Scrapbooks Albums Made Simply Beautiful*, *Ethical Wills: Putting Your Values on Paper*, 2nd Edition what do you truly value? what was a turning point in your life? what are your stories? Writing as soothing meditation. Meditation: Dhamma Brothers Also see the opposite of meditation: *National Geographic: Stress - Portrait of a Killer* how stress shrinks the brain in the areas of memory and learning. Movie prompts to review your life: ASIN: B000059HAO *For the Boys WWII Korea Vietnam War*, *Departures* music as healing, *City Island* Italian family, *1000 Journals* documentary of others' journals, *Groundhog Day (Special 15th Anniversary Edition)* Bill Murray. Music to journal by: your favorite. Like your best fan and cheerleader *Real Life Journals* encourages you to take the risk of binding your own book, and documenting your own history. Gwen Diehn's blog offers ongoing corrections for this book, a full copy of the front envelope *Bookbinding Adventure* booklet in case the copy borrowed from the library has lost its copy, or you lost the booklet from your own copy, handmade papers, original binding suggestions, color cloths (tissues or cloths soaked in pigment then dried as transportable watercolor sources), voodoo veve ritual drawings, sketches of altars talismans amulets, antique mall crawls as a visual library of ideas. You may meet yourself during a journaling adventure. Hand bookbinding could be fun.

The second in AARP's Live Learn series celebrates making and keeping journals. A custom-made journal can enrich a person's life, and this new entry in the Live Learn series helps readers design journals that enhance the experiences they're chronicling. The unique format features an envelope attached to the inside front cover that contains a small book called *Choose Your Own Bookbinding Adventure* so readers can select the perfect journal for their purpose. Imagine a reader wants a travel journal that is portable and has both lined pages and blank ones to paint on. The booklet directs him or her to the instructions in the main book that explain how to make that specific design. There are instructions and beautiful illustrations for 16 kinds of books and 10 cover styles. A removable foldout found on the inside back cover explains essential bookmaking basics. People who had personalized journals made for them by the author share their process and their pages, and beautiful photos and profiles of journal keepers inspire readers to make their own and start writing and drawing.

From *BooklistThick*, creamy paper, gorgeous photos, a gallery of pages from beautiful journals, and step-by step sketches draw the readers right in to the mechanics of amateur book construction and open the way toward creative, individualized bookmaking projects. Chapters on tools, covers, paper choices, and bindings are detailed and fully illustrated, but Diehn, a designer as well as an artist, goes well beyond that, making a point to include information on creating a purposeful design, enriching textual content, and binding the words to the visual elements to reflect a bookmaker's interests and personality. To that end she includes a chapter comprising nine short profiles of individuals whom she helped build journals. The profiles reference a *Choose Your Own Bookbinding Adventure* booklet located in an envelope on the inside front cover. The device is perfect for individual users (as is the tip sheet attached at the back), but librarians will need to secure the booklet to ensure the chapter makes sense. Even with the bit of extra work required, this remains a lovely, helpful volume that will inspire and attract journalers and scrapbookers alike. --
Stephanie Zvirin