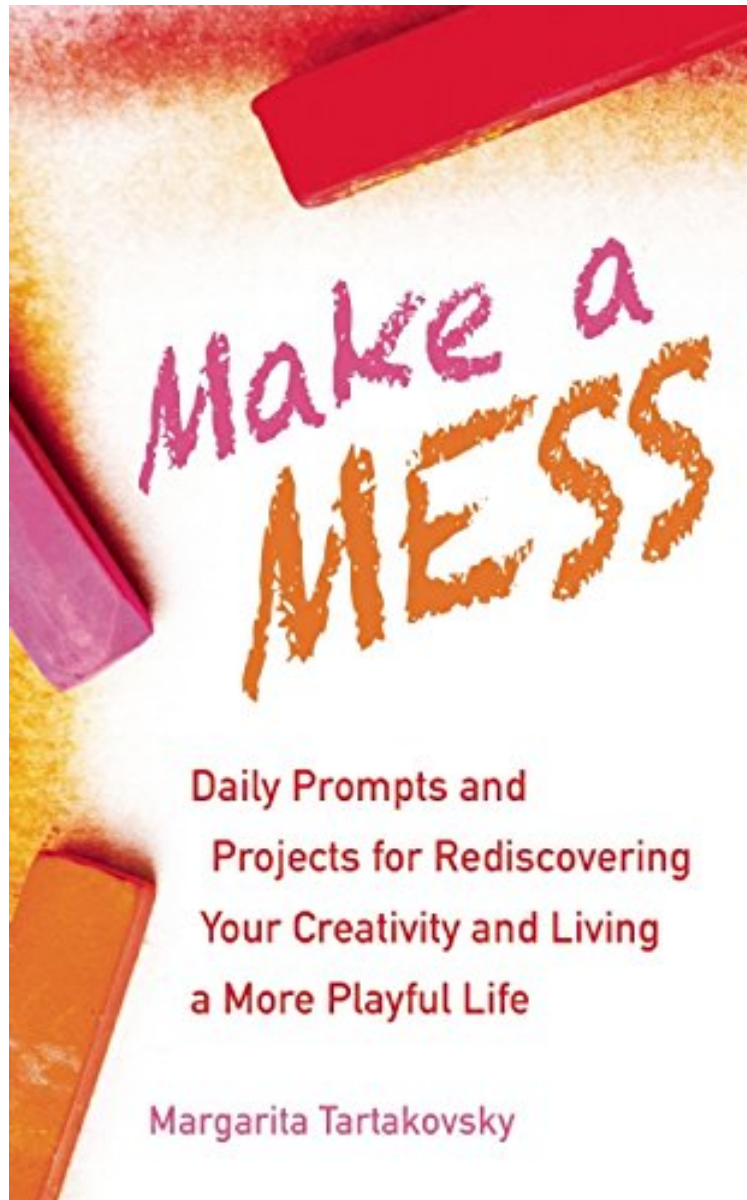


[Download ebook] Make A Mess: Daily Prompts and Projects for Rediscovering Your Creativity and Living a More Playful Life

Make A Mess: Daily Prompts and Projects for Rediscovering Your Creativity and Living a More Playful Life

Margarita Tartakovsky
*ebooks | Download PDF | *ePub | DOC | audiobook*



DOWNLOAD



READ ONLINE

#4478817 in Books 2016-05-20Original language:English 8.00 x .0 x 5.00l, .0 #File Name: 1632280426386 pages | File size: 49.Mb

Margarita Tartakovsky : Make A Mess: Daily Prompts and Projects for Rediscovering Your Creativity and Living a More Playful Life before purchasing it in order to gage whether or not it would be worth my time, and all

praised *Make A Mess: Daily Prompts and Projects for Rediscovering Your Creativity and Living a More Playful Life*:

Most of us would never describe ourselves as creative. And yet each of us is creative from birth a fact we've simply forgotten in our adulthood. *Make a Mess* is your invitation to explore the nooks and crannies of your innate creativity. It contains 365 prompts, projects, and activities, one to play with every day. Some prompts focus on self-doubt, because it stops so many of us from creating. Other prompts focus on embracing mistakes, because perfectionism can be a creativity crusher too. Still others are all about reconnecting to our inner artists by doodling, drawing and snapping pictures. Plus, there are prompts that ask you to pretend to be someone else or something else. Because creativity is play. And make-believe. And magic. You'll also find unique prompts and creative insights written by 17 authors, artists, photographers and creativity coaches. Because creativity is all about different viewpoints and perspectives. The contributors include: Ellen Olson-Brown, Flora Bowley, Susannah Conway, Mara Glatzel, Anna Guest-Jelley, Jolie Guillebeau, Miranda Hersey, Christine Mason Miller, Shiloh Sophia McCloud, Vivienne McMaster, Gail McMeekin, Mark Nepo, Mary Anne Radmacher, Andrea Scher, Carla Sonheim, Maya Stein, and Michelle Ward.

I want to eat this book. Wear it. Give a million copies away to every person who struggles to make time to create for the sake of creating. ~ Jennifer Louden, author of *The Life Organizer* and *A Year of Daily Joy* I love this book the quotes, the prompts, the encouragement to make a mess, a mistake, to make magic! (aka art). Margarita Tartakovsky has written a book that makes the risky path of creativity a joyful and accessible adventure for everyone. Whatever art form you yearn to participate in writing, photography, acting, dance, music, drama *Make a Mess* gives you the tools to join the party. ~ Barbara Abercrombie, author of *A Year of Writing Dangerously: 365 Days of Inspiration* Encouragement and Kicking In the Wall: A Year of Writing Exercises, Prompts, and Quotes to Help You Break Through Your Blocks and Reach Your Writing Goals Margarita has crafted a superb compendium of beautiful starting points, each one meant to inspire a different nuance of creativity. And like a great cookbook, it's all about what you do after you read it. ~ Tom Sturges, author of *Every Idea Is a Good Idea: Be Creative Anytime, Anywhere* Whether you want to create a piece of art or a whole-hearted life, Margarita Tartakovskys newest book *Make A Mess: Daily Prompts and Projects for Rediscovering Your Creativity and Living A More Playful Life*, encourages you to explore the vast reservoirs of creativity in your own life. With daily prompts, personal insights, and gentle reassurance, that indeed we are all creative, Tartakovsky helps us loosen up and lighten up to unfurl our creative spirit and find the beauty, magic, and joy within. And, you'll have a lot of fun doing it! ~ Polly Campbell, author of *How to Live an Awesome Life: How to Live Well, Do Good, Be Happy, and Imperfect Spirituality: Extraordinary Enlightenment for Ordinary People* If you have ever had writers block, you need this book. Margaritas ideas are fresh and evocative. You might think you dont need another book on creativity but this will be the one you go back to for a spark over and over. ~ Samantha Reynolds, founder of *Bentlily* and *Echo Stories* Oh, Margarita Tartakovsky, what have you done? When they find your book, *Make A Mess*, people the world over will start making creative messes. The world will be a mess of messes and well all be grinning like goofs and dancing with paint on our feet and pouring spices on our newspapers and loving every minute of it. Thank you for reminding us how creative we are and how much fun being a creative being is. Thank you for making this wonder-full book. ~ Judy Reeves, author of *Wild Women, Wild Voices- Writing from Your Authentic Wildness* Unbeknownst to most, a creative spirit resides in each and every one of us. The trick is learning how to find the right activities that will release your own creativity. *Make a Mess* does just that offering 365 diverse possibilities to help you create and imbue your life with more play. Margarita Tartakovsky has woven together a wonderfully imaginative set of ideas and activities that will make even the most uninspired person get up and want to create something new today! ~ John M. Grohol, Psy.D. Founder of *PsychCentral.com*, co-author of *Self-Help That Works* Listen closely to people talking about what they ache for and you find a common theme: playfulness, delight, presence. While we might be grateful for the wisdom that comes with aging, we yearn for more exuberance and the unselfconscious willingness of our youth to just plunge into something. *Make a Mess* is the invitation and roadmap for us to plunge into creating what we have all been consciously or not craving. With gentle encouragement and specific but not strident daily exercises, *Make a Mess* calls to your inner-creative, no matter how neglected, and guides you into reacquainting yourself with the ability you have to play, feel delight, be present, create, and celebrate. With wholehearted warmth and unique, accessible daily prompts, Tartakovsky compassionately empowers you to conquer your creative fears and inertia so you can create not just something tangible, but something even more significant: the intangible power of a greater belief in yourself. ~ Rosie Molinary, author of *Beautiful You: A Daily Guide to Radical Self-Acceptance*