

Download Conscious Creativity Free eBook PDF/ePub/Mobi - Philippa Stanton



Download or Read Online Conscious Creativity Philippa Stanton Free eBook PDF/ePub/Mobi/Mp3/Txt, ""Crammed with practical ideas, inspirational images & creative exercises, Conscious Creativity leads the reader through the process of establishing what kind of *creative* you are..." - Mslexia

"The purpose of this book is to enable you to look at things in an alternative and more substantial way, so that you arrive at composition through genuine interest." - Juno magazine

"Philippa Stanton is passionate about people connecting to their innate creativity and has distilled these incredible techniques and ideas on how we can tap into that. Philippa is a massively successful Instagrammer at @5ftinf and yet she is only too aware how these little two dimensional squares can limit our experiences and restrict our creativity, so it's not

without a little irony that she's written a book to encourage people to step away from their screens and connect more with the 3D world. It's a fascinating subject and I wholeheartedly recommend the book for anyone who's working in the creative industry or is curious about the world around them." - Sophie Robinson (DIY SOS, the Great British Interior Design Challenge, This Morning)

How often do you notice the texture of a painted wall or the scent of a friend's house and, importantly, how they make you feel? Connect your observations and your emotions and transform your creative practice with this essential toolbox packed full of exercises, tips, stunning images and personal experiences from dynamic artist Philippa Stanton.

There is creativity in all of us, but it can easily be buried beneath our everyday concerns, or need a spark to bring it back to life. Whether you've lost your mojo or just need some fresh ideas, artist and photographer Philippa Stanton's lively guide will stimulate your imagination and reinvigorate your creative life.

Conscious Creativity will help you fully appreciate what is around you, opening all your senses to the beauty you may not notice every day, and showing you how to capture it. Simple, engaging exercises that encourage observation and experimentation will give you an insight into your own aesthetics as you take a conscious step to note the colours, shapes, shadows, sounds and textures that fill your world and how they make you feel.

Bursting with practical ideas and inspirational images, Conscious Creativity shows you how to unlock your potential, learn to use your natural curiosity and take a leap into the most creative time of your life.

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