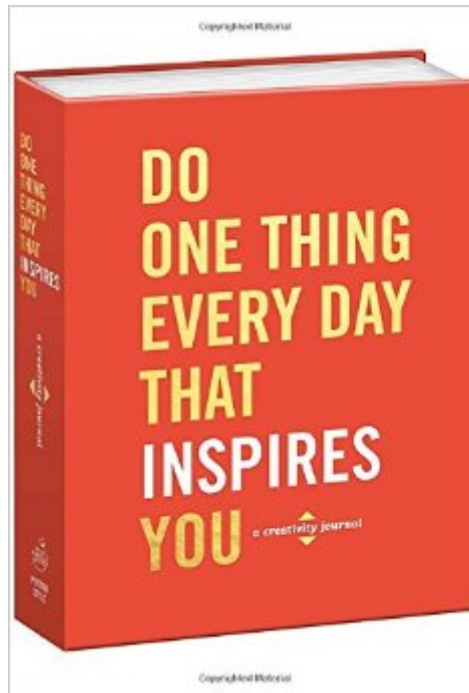


The book was found

Do One Thing Every Day That Inspires You: A Creativity Journal



Synopsis

Every day is an opportunity to engage your persistence, patience, imagination, and daring as you stretch the boundaries of your creativity: draw a round figure using only lines, coin a new word, create a recipe showcasing an ingredient you've never used before, set a shopping list to a melody. Daily doses of wisdom and encouragement from famous artists, writers, architects, musicians, chefs, dancers, sculptors, actors, photographers, designers, and other creatives will both challenge and push you. With space to doodle and to record personal epiphanies, watch creativity transcend borders, and prepare yourself to make that leap, too. At the end, you'll have built a portfolio that showcases your most inspired year ever. This journal is perfect for recent graduates, milestone birthdays, or as a year-end holiday gift to kick off "New Year, New You" projects.

Book Information

Stationery: 368 pages

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Language: English

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Product Dimensions: 4.7 x 1 x 6 inches

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (14 customer reviews)

Best Sellers Rank: #17,505 in Books (See Top 100 in Books) #11 in [Books > Arts & Photography > Decorative Arts & Design > Industrial & Product Design](#) #27 in [Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Religious & Inspirational](#) #37 in [Books > Self-Help > Art Therapy & Relaxation](#)

Customer Reviews

I really like this little book. I think you're supposed to do one exercise every day, but I don't. It's small, so it fits in my purse. So I take it with me and work in it when I'm stuck waiting somewhere. The exercises definitely require creativity, but many of the exercises are short, so it's easy to work in an exercise here and there. I have come across a few exercises that didn't make a whole lot of sense, but they're few and far between, so the book is still worth the price.

I got this as a Christmas present and really like the quotes and the "inspiring" activities. My favorite so far was creating a seating plan for a dinner party of my favorite writers. This is my new

go-to gift.

I saw this book at Barnes and Noble, and I bought it from for a cheaper price. The book is like a creativity planner, because it includes a place to record the date with every activity. The activities include drawing pictures, writing poems, and recording ideas. There are also many inspirational quotes throughout the book specific to certain activities. At first, I was a little disappointed because I didn't like some of the topics, but I never regretted completing them. If you are looking for something to brighten your mood, expand your creativity, or alter your perspective, then I would recommend this product. Pros: +Inspires Creativity +Cute design +Numerous activities Cons: -Forces creativity with unconventional activities

I buy these for my clients and they LOVE using this as a journal (for short daily entries). I highly recommend.

Probably wouldn't have purchased this book of prompts if I had seen more of the book beforehand. All forms of creativity that can be noted in writing, sketch or photograph are presented and they are varied, just perhaps not as intellectual as I would want. If you're familiar with Destroy at his Book this is in a similar vein. Still, perhaps I need to be a touch silly to feel more loose and spontaneous!

I bought it as a gift, but looking through the book beforehand makes me want one for myself.

This book is a fun and inspiring little wonder.

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