



Raw Art Journaling

Quinn McDonald

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Meaning in life is made, not found.

In a raw-art journal, you don't need to know how to draw; you don't need to know how to write well. You don't need worry about messing up techniques you've never attempted before inside your raw-art journal. You just need to be you because raw art is *you* and it thrives on creative play, on experimentation and even on making mistakes.

Raw Art Journaling will teach you how to embrace your art, confront negative self-talk (a.k.a., your gremlin) and make meaning with your words and with your art. Inside *Raw Art Journaling* you'll discover how to:

- Write meaningful thoughts with a single sentence
- Create thought-provoking poems through found poetry
- Uncover images hidden in your photos
- Make personal meaning with the simplest of lines
- Finally feel free to make mistakes
- Use clever techniques to keep your secrets secret

Quiet your gremlin, grab your permission slip (it's on page 19) and start making meaning in your own raw-art journal today!

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