



No Excuses Art Journaling: Making Time for Creativity

Gina Rossi Armfield

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Kiss those excuses goodbye!

"I don't have time." "I don't know what to journal about." "I can't keep the momentum going."

Sound familiar? What are your excuses for not spending time with your art journal? Get ready to cast those excuses aside because **Gina Rossi Armfield's***No Excuses Art Journaling* offers a no-fail approach to art journaling.

Using a day planner as your art journal, you'll find daily, weekly and monthly prompts that you can adapt to fit your real-life, busy schedule. Along the way, you'll learn fun and convenient techniques to add sketching, watercolor painting, collage and more into your journal, all while setting goals, creating art and chronicling your unique life.

Inside You'll Find:

- More than 20 mixed-media art journaling techniques demonstrated step-by-step so you can add color, style and life ephemera to your journal.
- 6 pages of journaling prompts and tips for every month of the year.
- Dozens of inspirational art journal pages by Gina and 12 guest artists to show how you can make the No Excuses program decidedly yours.

Grab your journal and pen, and kick your excuses to the curb!



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From reader reviews:

Irene Vaughan:

A lot of people always spent all their free time to vacation or go to the outside with them friends and family or their friend. Do you realize? Many a lot of people spent these people free time just watching TV, as well as playing video games all day long. In order to try to find a new activity that is look different you can read the book. It is really fun in your case. If you enjoy the book you read you can spent the entire day to reading a publication. The book No Excuses Art Journaling: Making Time for Creativity it is extremely good to read. There are a lot of folks that recommended this book. They were enjoying reading this book. When you did not have enough space to create this book you can buy the particular e-book. You can more quickly to read this book through your smart phone. The price is not to fund but this book offers high quality.

Leticia Hodges:

Reading can called head hangout, why? Because if you are reading a book specifically book entitled No Excuses Art Journaling: Making Time for Creativity your brain will drift away through every dimension, wandering in each and every aspect that maybe mysterious for but surely might be your mind friends. Imaging each and every word written in a guide then become one type conclusion and explanation that maybe you never get ahead of. The No Excuses Art Journaling: Making Time for Creativity giving you a different experience more than blown away your mind but also giving you useful info for your better life in this era. So now let us teach you the relaxing pattern at this point is your body and mind will probably be pleased when you are finished reading through it, like winning a game. Do you want to try this extraordinary wasting spare time activity?

Melinda Miller:

Is it a person who having spare time in that case spend it whole day by means of watching television programs or just laying on the bed? Do you need something new? This No Excuses Art Journaling: Making Time for Creativity can be the answer, oh how comes? The new book you know. You are and so out of date, spending your time by reading in this completely new era is common not a nerd activity. So what these guides have than the others?

Belinda Hamilton:

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