



# Journal Fodder 365: Daily Doses of Inspiration for the Art Addict

*Eric M. Scott, David R. Modler*

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## Art Journal Adventures!

Learn how to journal your exceptional story. Life is not always extraordinary in all its details, but it is the sum of those ordinary events that add up to extraordinary lives. The journal is no different.

With *Journal Fodder 365*, the **Journal Fodder Junkies** will lead you on a year-long adventure in drawing and writing, in painting and collage, and in the flotsam and jetsam of your daily experiences. You will uncover simple strategies to make the visual journal a part of your life and you'll discover new techniques for refining your personal narrative in an authentic and unique voice.

Inside You'll Find:

- 12 themed chapters, ranging from Personal Mythologies and Histories to Connections and Relationships to Symbolically Speaking and beyond
- Dozens of step-by-step demonstrations for painting, drawing, writing, and collage techniques
- 12 suggested excursions for you and your journal
- 12 exploded views showing real-life applications of the lessons and prompts

Let your journal be a living, breathing document of your life, a personally meaningful and relevant artifact.

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