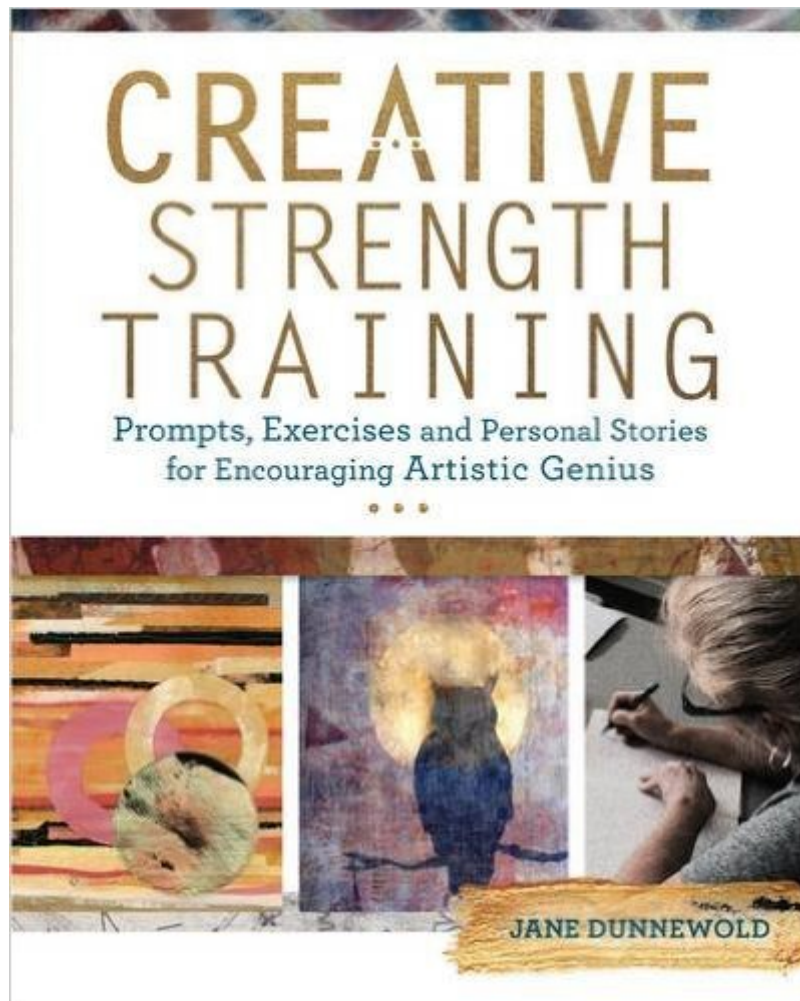


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# Creative Strength Training: Prompts, Exercises And Personal Stories For Encouraging Artistic Genius



## Synopsis

Discover a Deeper Connection to Your Artist Self! Artists and athletes alike benefit from strength training. Building creative stamina takes encouragement, mentoring, and regular practice. In *Creative Strength Training*, you'll discover powerful strategies that combine writing and hands-on art-making to overcome creative stumbling blocks, develop a unique voice and make creating art a regular habit. Overcome resistance while dismantling "the Committee" (that group of inner critics). Explore 10 exercises for making art that stands apart as uniquely yours. Receive support and inspiration from contributing artists who share how each chapter has improved their practice and helped them evolve. Begin a fresh approach to your creative practice. Begin building stamina today with *Creative Strength Training*!

## Book Information

Paperback: 144 pages

Publisher: North Light Books; Csm edition (June 10, 2016)

Language: English

ISBN-10: 1440344957

ISBN-13: 978-1440344954

Product Dimensions: 8 x 0.4 x 10 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (44 customer reviews)

Best Sellers Rank: #27,082 in Books (See Top 100 in Books) [#13 in Books > Crafts, Hobbies & Home > Crafts & Hobbies > Mixed-Media](#) [#13 in Books > Arts & Photography > Other Media > Mixed Media](#) [#138 in Books > Self-Help > Creativity](#)

## Customer Reviews

I consider myself very fortunate to have taken Jane Dunnewold's *Creative Strength Training* online and to have studied with her in her Mastery Program. I recommend *Creative Strength Training* to artists of any medium. I want to share what an impact her book has had...My mother in law Jean, has always loved doing textiles. From weaving to quilts to beading to dyeing, to sewing. For as long as I have known her she has had creative ideas simmering in her mind. Over the last few years she has had to give up her textile work due to macular degeneration. She resigned herself to not being able to see well enough to continue and had shut down that creative part of her mind. Jean has been very interested in what I've been studying with Jane. So I loaned her my copy of *Creative Strength Training*. She has been struggling to read it with her magnifying glass. She says Jane's

writing is stirring her creative juices. She says she can't do the work anymore but she can picture in her mind what she would do and she is enjoying that. Today she called me, she had been to visit the Lion's low vision office. They set her up with a device that magnifies books so that people with low vision can read again. She said the first thing she did was to put Creative Strength Training in the device. She's so excited to read more easily and your book is the first on the list. It's really great to hear that spark in her voice again.

Jane's book has "unstuck" me and is moving me through an "art light". Doing the exercises which include both art and writing, have helped me to examine where I'm at and where I want to be as an art quilter. I especially like her discussion of "perfection" in one's work which I've always had a problem with. Jane's choice of words, her emotions, her love for art and willingness to share how she discovered her "distinctiveness" all makes for an inspiring and deep thinking read. Thank you, Jane. You've enlightened me along my art path.

Once again, the artist Jane Dunnewold has outdone herself, with the release of her latest book. Jane's many talents shine through in every chapter. I received the book around 3:00 pm. today, and finished by 4:00pm. Her creativity, empathy, compassion and wisdom exudes with each sentence. This is a book not just for artists, but for anyone who desires to spark their creativity. This is the best self-help book I have ever read.

YES! YES! YES! Jane has put together a clear and easy to read path to getting yourself out of your head and into your art. A clear path to becoming a deeper and more authentic artist in both life and work. For years I have wanted to visit Jane's studio and take a class. Now with this book, Jane's guidance and wisdom are with me wherever I may be... in my living room, in the car, at my children's practices and especially in my studio. It's Jane in book form! Perfect for seasoned artists or those just starting out or those that might not even know the artist inside themselves yet;but, are open to meeting the artist within. A step by step plan that is both encouraging and challenging, simple yet complex. Grateful for this book! :)

This is more than a book! It is the distillation of a life-long journey of learning and sharing that has resulted in the Artist known as Jane Dunnewold! A good read as well! Knowledge distilled Into wisdom!

I have purchased many books that propose to encourage "the artist". I have been disappointed. This book is different. I opened it and immediately felt as if I could do the exercises and I could learn from reading the book. It does not matter what is your artistic medium. I think every artist could benefit from the book because it helps you look at yourself and how you are motivated. I highly recommend it.

I have enjoyed other Jane Dunnewold books in the past. This book is given five stars based on that as my complaint is not about the content, but the publishing. The font used in the main body of the book is light, wispy and small. If you have this book chances are you also have Art Cloth (easy to read). To compare, Creative Strength Training is 3/4 the font size and a shade or two lighter. The font and color of the bullet points in Creative Strength Training are perfect however. Even wearing reading glasses, this book is a struggle to read. I will plod on as so far the content has been worthy and the artwork fantastic. I just wish the experience was more enjoyable.

From the Introduction, I was pulled in, thinking this book would be good. By the end of Chapter One, I thought it was written for me. Dunnewold's writing is very, very good. (And I was an editor for 30 years.) Beyond that, her choice of quotes and artwork is outstanding, and both support the text beautifully. This book is a gem and I'm thankful to have such a wonderful personal coach to push me to build my creative strength.

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