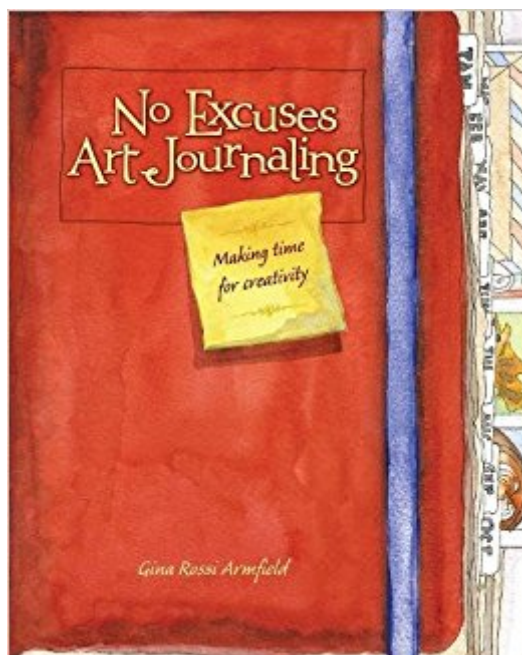


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# No Excuses Art Journaling: Making Time For Creativity



## Synopsis

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!

## Book Information

Age Range: 8 and up

Paperback: 128 pages

Publisher: North Light Books (December 31, 2013)

Language: English

ISBN-10: 1440325138

ISBN-13: 978-1440325137

Product Dimensions: 8 x 0.8 x 10 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 162 customer reviews

Best Sellers Rank: #277,561 in Books (See Top 100 in Books) #80 in [Books > Crafts, Hobbies & Home > Crafts & Hobbies > Scrapbooking](#) #173 in [Books > Arts & Photography > Other Media > Mixed Media](#) #180 in [Books > Crafts, Hobbies & Home > Crafts & Hobbies > Mixed-Media](#)

## Customer Reviews

"You should buy it...it is wonderful!" --It's All About the Whimsy, 2014

Gina Rossi Armfield has taught several years at Artfest, Journalfest, Art & Soul, Artinfusio and private events. Gina has produced over 10 online classes that continue to attract students from all

over the world including Denmark, England, France, Australia and New Zealand. Gina lives in Malibu, CA. Visit [GinaRossiArmfield.com](http://GinaRossiArmfield.com).

I have a shelf full of art-journaling books - many of them lovely to look at, filled with inspiring work, but hardly any designed to function as a private and fully-detailed class on how to actually create a body of work throughout the course of a year your own. This book is the exception. Hands down, the best book I own on really guiding me through various ways to create unique and personally meaningful pages, how to make and maintain a routine for creativity, and with enough options and flexibility to guide you to create spreads that reflect who you are and what you see/do. Ms. Armfield has a wonderfully logical and makes-sense approach to starting this journey - especially for those who are new to mixed-media art journaling and are trying to find their own personal style. People like me. I have made attempts in the past, but either my pages looked like something not-quite-my-own, or I'd find myself frustrated with my pages, not knowing where to go or what to do. This book has helped me push past both of these obstacles... and finally grasp being able to develop a routine I look forward to. Most of all, I love that Ms. Armfield's approach to collage and mixed media is actually personally meaningful. I've never been comfortable with artists who effectively say, "just glue some stuff down, and paint and stamp and write and doodle over it". In my mind, if the pieces and techniques you chose to put down don't have or express meaning, what's the point? Ms. Armfield has a different approach - helping you to evaluate your own likes/dislikes, your feelings and your preferences, and guides you to chose things deliberately, whether it involves color, image, collage ephemera or text. I finally feel like my pages are coming to life from MY vision and they make sense have true meaning ... not just a collection of visually interesting random-ness. If you want to get started with art-journaling - in whatever media, from collage to sketching to any combination of - this is a must-have book. If you already are into your artistic journey, this book will definitely shed some new and meaningful insight on how to approach a year-long journaling project. Excellent, excellent material and book. Thank you Ms. Armfield!

I came across Gina's method of art journaling after reading many other books and not finding them workable. Gina's "No Excuses" method uses a day planner to provide structure and give coherence to the smallest possible artistic efforts. Chapters discuss tools, preparing journal pages, some additional techniques, and the No Excuses method for working on monthly, weekly and daily prompts. Numerous other art journalists and their work are featured for inspiration in the source guide section. Gina has a flare for working with beautiful color combinations, so the book is very

attractive. I preordered this book and was not disappointed. No Excuses Art Journaling: Making Time for Creativity offers practical help and beautiful inspiration for anyone wishing to start or renew an art journaling practice.

I've wanted to get into art journaling for years, but I've been overwhelmed by it. Where to start? How to create a page that looks beautiful rather than just a messy jumble of stuff? This book is just what I needed. While there are specific prompts and assignments in this book, which some people might think would restrict your creativity, you have plenty of latitude to make each page your own. The assignments give you a framework and a starting point, and sometimes that's just what we need. I just got my book yesterday and started setting up my journal, and already my mind is buzzing with ideas. I suspect that by the time I get to the end of my journal in December, my artwork will have improved by a million percent.

great book. Lots of good ideas to get you started in keeping an art journal. I love all the prompts in it, like color of the day, word of the day, weather, etc. Great springboard to start with doing something simple daily and you can take it from there - where-ever your creativity takes you.

I stumbled across the No More Excuses method on a blog. It fascinated me. I followed the link back to Gina's blog and immediately pre-ordered the book. I have been chomping at the bit until it arrived today. I literally devoured it and then got to work setting up my journal. I know what I'm doing on New Year's day - playing in my new No Excuses journal.

I have eagerly been awaiting this book for months. It is awesome! The author goes through all the materials needed for art journaling, and then very clearly details the techniques using them all. Lots of illustrations and photographs showing each step of the way. This is a beautiful book, but also one that will both teach and inspire you to pick up that journal and put something in every day. The last portion on the book takes you through the year, month by month with assignments and inspiration. I love this book.

I am not as pleased with this book as I thought I would be from the description listed. Instructions on how to set up a daily calender book form, which cost \$30.00 to \$40.00, if one wants good paper and a larger size. I decided to use a Canson Mixed Media ring bound 98 lb sketch book, from Wal-Mart, size 7x10." From Gina Rossi Armfield's instructions, the whole procedure gets complicated with

drawing the little squares to list a color, weather of the day, some kind of a design, and your own journaling. It involves a lot of unnecessary preparation for not having any excuses doing Art Journaling whether you buy a daily planner or a sketch book. The author suggests tipping in watercolor paper in a daily planner. This idea takes time and work that could just be used for sketching, painting and journaling in a plain fairly heavy paper sketch book. Needless to say, I was disappointed, and I doubt if I will follow through, because of all the time spent in preparing the journal. There are other artist authors who have written much better books on setting up a journal without all the little squares, which make no sense at all. The artist author of this book in my opinion is not proficient in watercolor painting. Very weak in her use of color and technique.

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