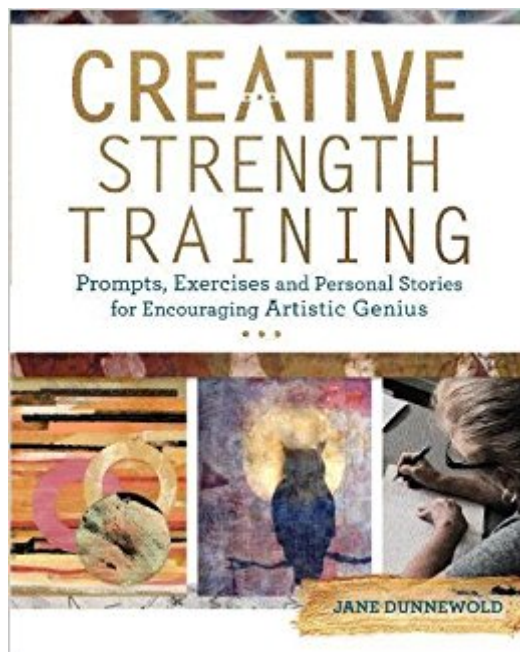


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# Creative Strength Training: Prompts, Exercises And Personal Stories For Encouraging Artistic Genius



## 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: 4.5 out of 5 stars 77 customer reviews

Best Sellers Rank: #95,812 in Books (See Top 100 in Books) #61 in *Books > Crafts, Hobbies & Home > Crafts & Hobbies > Mixed-Media* #63 in *Books > Arts & Photography > Other Media > Mixed Media* #411 in *Books > Self-Help > Creativity*

## Customer Reviews

"Jane Dunnewold's online Creative Strength Training course has helped participants deepen the connection with their artist selves and increase their creative stamina. Now, the same exercises, prompts, and strategies are available in book form. Each chapter addresses an area of potential blockage or provides insight into reframing an entrenched way of thinking. The content is very easy to follow and Jane's warmth and encouraging approach is present throughout the book. This is highly recommended for all artists who want to push themselves a bit more and develop good creative habits!" - Down Under Textiles, Australia

"A dear friend of mine is a professional self-taught musician. He performs with a handful of bands, playing multiple instruments, crossing over from string to horn, and he even sings. He feeds his hunger for songwriting by exploring far beyond his

original talent for guitar playing. While he may have a favorite, each instrument has a place in his practice and performances, and this helps inform his decisions about how and when to play them as he's writing new songs. He applies the types of practices that Jane Dunnewold addresses in her new book, *Creative Strength Training: Prompts, Exercises and Personal Stories for Encouraging Artistic Genius*. Jane encourages us to step out of our comfort zones by trying this exercise. By doing so, I'm sure you'll discover more about your art, and yourself." - Cherie Dawn Haas, Senior Online Editor, Cloth Paper Scissors magazine

Respected artist and creativity enabler Jane Dunnewold has always impressed us - with her artwork, her columns for *Quilting Arts*, her work ethic - but with this book she reaches new heights as art sensei. It is a step-by-step, carefully guided series of lessons to help readers embrace, understand and empower themselves as artists and creative souls. She shares her own stories and those of other creatives who took this journey of creative strength training and provide their experiences and artwork throughout the book. Artists of all levels will find self-discovery and artistic freedom by following the exercises in this enlightening book. *Quilting Arts Magazine* August-September 2016

"Consisting of 10 chapters, *Creative Strength Training* offers prompts, exercises as well as personal anecdotes from a collection of artists who have faced life's obstacles during their own creative process. These personal stories from the artists along with the prompts and cross-training exercises will push you to create, but what's better is that you'll want to go back to your studio or desk energized and refreshed to finish old projects and begin new ones." - Rebeca Schiller, *Hand/Eye Magazine*

"You will find yourself nodding your head in recognition. You might doubt that you can be creative, but Dunnewold encourages you to practice. That's the secret here. Practice. Not sitting down to make something you can give away. Not using your creativity to teach, sell, and make perfect gifts-at least not as a starting point. But building creative stamina by practicing the creative work you love." - Quinn McDonald, [quinncreative.com/](http://quinncreative.com/)

Jane Dunnewold is one of the giants of surface design, known for groundbreaking books like *Complex Cloth* and she is a beloved teacher of dyeing and embellishment. She said the idea of "strength training" for creativity came out of some ongoing small group teaching she did, where the goal was to help each student develop her own voice.

"I said really what we are doing here is developing creative stamina, and I began to work on that idea," Jane explains. "I recognize that the thing that keeps people from being successful isn't whether they have talent or tools, but whether they develop the stamina to keep showing up in the studio and doing the work. Musicians keep practicing, and athletes cross-train and strength-train, so why shouldn't we?" I'm excited about Jane Dunnewold's generosity and her way of working, and I hope you'll

take a look".- Meg Cox has written for Allure, AmericanPatchwork & Quilting, Child, Cooking Light, the Daily Beast, FamilyFun, Family PC, Good Housekeeping, Ms., O, Parenting, Parents,Publisher&apos;s Weekly and her own newsletter, Quilt JournalistTells All.Ã Â "Creative StrengthTraining is a treasure. I was inspired from page 1 onward. I know allabout discipline--but now I know how to transfer it to creativepursuits."Ã Â --Christiane Northrup, M.D., ob/gynphysician and author of the New York Times bestsellersGoddesses Never Age: The Secret Prescription for Radiance, Vitality,and Wellbeing, Women&apos;s Bodies, Women&apos;sWisdom, and The Wisdom of MenopauseExceptionally well written, organized, illustrated and presented,Ã Â "Creative Strength Training" is unreservedly recommended for personal,Ã Â community, art school, college and university library collections. -James A. Cox , Editor-in-Chief , Midwest Book ReviewJane introduces a series of "cross training" exercises to help you grow as an artist, break through obstacles, explore your limitations, and discover who you are as an individual, creative person. These exercises involve both art making and writing. She accurately notes that many artists might resist the writing component...but that aspect of the exercises really seems to facilitate a deeper exploration of yourself as an artist. -Seth Apter"This is a beautiful and constructive accessible book about creativity, which anyone would enjoy reading. The book&apos;s fabulous pictures, design, layout - and excellent clear writing style - make the book a joy to read and follow, with lots of exercises and clever clear explanations that encourage experimentation and change in approaching all sorts of creative work...Note that creativity is not just for artists, writers, musicians, chefs, etc!... Everyone benefits from being more creative!Ã Â Creativity is crucial for innovation, quality improvement, and problem-solving in every type of work - especially in business and organizational management, entrepreneurialism, marketing, training and HR, advertising and selling, professional services, healthcare, administration, leadership and government - really everything. So this is actually a marvelous book for anyone wanting to develop ability to find solutions and new improved ways of doing things, whatever your specialism."Ã Â Ã Â - Alan Chapman, [businessballs.com/bookshop.htm](http://businessballs.com/bookshop.htm)"Creative Strength Training is a treasure. I was inspired from page 1 onward. I know all about discipline--but now I know how to transfer it to creative pursuits." --Christiane Northrup, M.D., ob/gyn physician and author of the New York Times bestsellers Goddesses Never Age: The Secret Prescription for Radiance, Vitality, and Wellbeing, Women&#39;s Bodies, Women&#39;s Wisdom, and The Wisdom of Menopause

These are strategies that have been proved in a dozen online courses with over 600 participants.Honor your inner Artist by engaging the Rebel and dismantling the Committee and then

join me in an energizing, self-esteem building search for your own personal sense of "alignment" and distinctive work. You'll not regret it!

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.

The material covered is great. I was so excited when it arrived! Unfortunately they printed this book in a light SMALL font making it almost impossible to read. I have to use a magnifying glass to try and read the text line by line. I have two other friends who also purchased the book at the same time. We are all 3 having difficulties reading the text. It's a shame really because I like her style of writing and have enjoyed what I have strained to read. I might swap this back for a kindle version where at least I can make the text larger. I hope enough people will complain and perhaps a second edition will come out to address this issue.

I'm on my third time reading through this book. It has been just what I needed and came just when I needed it. The many prompts to incorporate writing as a daily exercise and addition to my time making is a good reminder to me, a former lit major in college who has lapsed from the practice of writing. The exercises are interesting and can be done more than once, and in fact I am planning to take the online course and do it all again. As a person who is new to art quilting, this was a thought-provoking interesting read. The perspective (with visuals) provided by the artists who went

through the course for the book are fascinating as well. Highly recommend adding this to your library. The critical reviews mostly seem to have to do with the typeface which is hard for some eyes to read. Fair enough, but my none-too-acute 65 year old eyes had no trouble reading it.

I like how the book is set up to help you move you along artistically through blocks or doubts you might feel about your art. It encourages experimentation, exploration and action. Individually we know what works for us but there are offerings of ideas to try. It goes beyond putting your heart into it. Of course you are going to put your heart into it, just don't fall in love with it. I've read before one key is doing the art every day. The more you do the more your hand and mind is exercised and is part of who you are.

There are so many books available today talking about creativity - how to find it, how to nurture it, how to be comfortable with investing your time and resources into the creative life. This book is an excellent combination of encouragement and simple steps to take to make that happen. It's beautifully written and illustrated and once I finished it, I started it all over again, knowing that I will return to it again and again for inspiration.

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!

Love the illustrations. Dunnewold gives clear, useful instructions and prompts. Font is small, with fine lines and hard to read for any length of time for my "senior" eyes.

This is a useful and fascinating book because it is so different from other art books. It really takes the artist to new places in deepening creativity. I have been a working artist for over forty years and get blocked from time to time like everyone else. I am in a very challenging place right now because of physical problems so it is useful to have a completely different approach to easing back into work. My only complaint is that the print is so fine and small I can barely see it so picking up the book to read is discouraging. Publishers should remember that not everyone has young eyes and that books that are physically hard to read are not very helpful.

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Creative Strength Training: Prompts, Exercises and Personal Stories for Encouraging Artistic

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