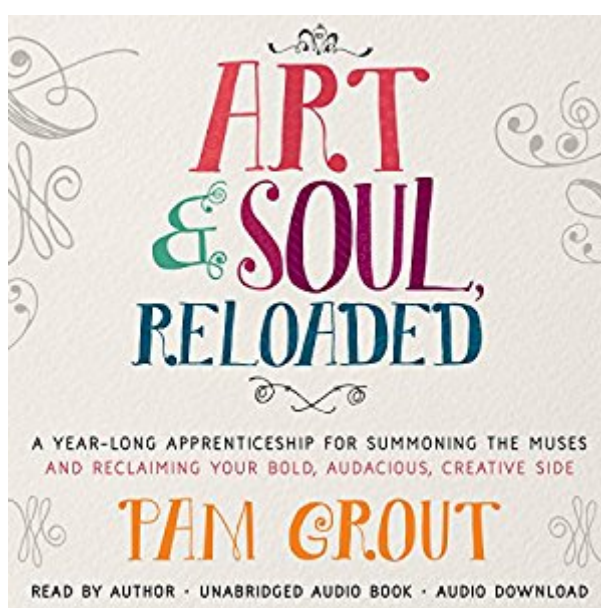


The book was found

# Art & Soul, Reloaded: A Year-Long Apprenticeship For Summoning The Muses And Reclaiming Your Bold, Audacious, Creative Side



## Synopsis

With her trademark humor, enthusiasm, and no-nonsense guidance, Pam Grout, the number-one New York Times best-selling author of *E-Squared*, invites you on a yearlong "apprenticeship" to recognize and unleash your innate creativity. Making art does not necessarily mean painting a gallery-worthy still life or belting out a Grammy-winning song. It simply means finding a way to give your inner muse a voice in this world. Sure, there's drawing, dancing, singing, and writing. But there's also art to be made from creating your own pair of angel wings or inventing a new toy or curating your own at-home film festival. Each week, Grout inspires you to take on a creative project, offers an inspirational message, and suggests three zany activities to awaken your infinite creativity. You don't need to know anything! You just have to begin!

## Book Information

Audible Audio Edition

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Best Sellers Rank: #130 in Books > Self-Help > Creativity #137 in Books > Audible

Audiobooks > Religion & Spirituality > New Age & Occult #466 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help

## Customer Reviews

This is an exhausting book that tries way too hard to be zany. Essentially an updated version of a previously published book it endeavors to serve as a year round guide to spark creativity. Each week includes a brief chapter, a section entitled "Just Do It" which involves completing an activity. Activities range from writing invocations and essays to naming Cds or making costumes. This is followed by "Zumba for the Soul" and includes three exercises ranging from the benign like writing affirmations to the bizarre "ride up and down in an elevator all day and draw shoes

I read through part of the book and I am excited. While developing a new daily practice it is helpful

to have something fun and insightful to focus on. Diving in today!

Absolutely loved this guide to becoming your most authentic, and fun self!!!! Pam Grout's voice and inspiration are refreshing and well, inspiring. She makes me laugh. This should be required reading for everyone over the age of twelve.

I love Pam's books and as a creative, had to have a copy of this. It's a chapter a week, taking you thru the whole year. Just started it and am loving it.

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Art & Soul, Reloaded: A Year-Long Apprenticeship for Summoning the Muses and Reclaiming Your Bold, Audacious, Creative Side Art & Soul, Reloaded: A Yearlong Apprenticeship for Summoning the Muses and Reclaiming Your Bold, Audacious, Creative Side Side-by-Side Hockey Stars: Comparing Pro Hockey's Greatest Players (Side-by-Side Sports) Home Coming (Reclaiming And Championing Your Inner Child) (Reclaiming and Championing your inner child) Coaching Elementary Soccer: The easy, fun way to coach soccer for 6-year-olds, 7-year-olds, 8-year-olds, 9-year-olds, and 10-year-olds (kindergarten, first-grade, second-grade, and third-grade) Who Will Care For Us? Long-Term Care and the Long-Term Workforce: Long-Term Care and the Long-Term Workforce Bold Women in Colorado History (Bold Women in History) Painting for the Soul: Soothe your soul, expand your imagination, and paint your way to colorful, creative expression My Side of the Mountain Trilogy (My Side of the Mountain / On the Far Side of the Mountain / Frightful's Mountain) The Graphic Designer's Digital Toolkit: A Project-Based Introduction to Adobe Photoshop Creative Cloud, Illustrator Creative Cloud & InDesign Creative Cloud (Stay Current with Adobe Creative Cloud) Kali Mantra Magick: Summoning The Dark Powers of Kali Ma (Mantra Magick Series Book 2) Goddess of the Rose (Goddess Summoning Book 4) The Passover Soul Kit: 101 Soul Tips, Easy Passover Recipes, Pesach Insights, Meditations, Art & Quotes for the Passover Seder and the Passover Haggadah (Holy Sparks Soul Kits) The Dark Side of the Light Chasers: Reclaiming Your Power, Creativity, Brilliance, and Dreams Pamela Love: Muses and Manifestations The Language of the Muses: The Dialogue between Roman and Greek Sculpture Buzzwords: A Scientist Muses on Sex, Bugs, and Rock 'n' Roll Secret Muses: The Life of Frederick Ashton 2018 Academic Year Bold and Beautiful Art by Hallmark Desk Blotter July 2017-June 2018 The Plan: Epstein, Maddon, and the Audacious Blueprint for a Cubs Dynasty

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