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By Gina Armfield

FW Publications Inc, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book. 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...

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