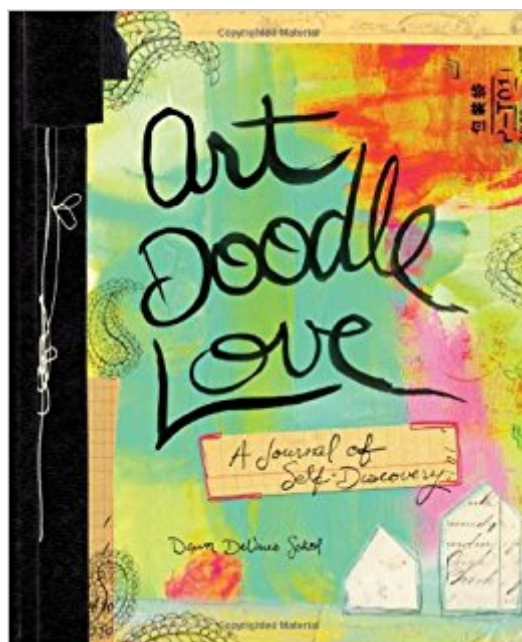


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# Art Doodle Love: A Journal Of Self-Discovery



## Synopsis

Many women love the idea of leading a more creative life, but don't know where to begin. With *Art Doodle Love*, art journal expert Dawn DeVries Sokol provides the perfect jump start: an interactive fill-in book of prompts that will motivate women to discover themselves and their inner creative goddesses. Loosely inspired by *Eat Pray Love*, Elizabeth Gilbert's memoir of self-discovery, *Art Doodle Love* overflows with colorful pages for recording thoughts and collecting ideas, as well as venting, soul-searching, and documenting everyday life. By following the insightful prompts, the journal keeper develops her artistic skills, gains confidence in her natural creativity, and learns about herself through self-reflection. Praise for *Art Doodle Love*: The author offers readers art journaling supply recommendations, then eases them into doodling and documenting on pages that have been prepped with vibrant and inspiring background.

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## Book Information

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## Customer Reviews

Dawn DeVries Sokol is the author of several art journaling books, including *1000 Artist Journal Pages*, *Doodle Diary*, and *Doodle Sketchbook*. She teaches popular workshops through her blog, [dblogala.com](http://dblogala.com), at Interweave Press's *Create Retreat*, and through her DVD workshop, *Art Journaling: Pages in Stages*. She lives in Tempe, Arizona.

First and foremost this book is fun. You can sit in front of the TV and Doodle or any spare moment

then put it down again. My doodles tend to be elaborate and take several days or even a week as I go back and forth. You draw in the book - not on a drawing pad so it's self-contained. The book recommends some pen types. I started out with a regular ink pen and wasn't getting the results I wanted to went on and purchased the pens recommended, which were fairly priced, and they are outstanding. I have a lot of fun with them and they were worth every penny. The book is well designed and pages vary to allow creativity. The colors and details on the pages - even the font lends itself uniquely to the Doodle. It is clear the author understands the art of Doodling and has created a must have book. The size of the book is perfect for a bag as a bring-along. I find myself looking around for shapes and lines to add to my book and seeing my world in a much more creative lens then ever before. There is nothing quite like a good exercise in imagination. :-))It's a great buy if you love to Doodle, and get the pens if you want an extra treat. Have fun! :-))

I took a mini class with Dawn, so I could not wait to buy this book. I wasn't disappointed either. It was chock full of fun exercises, colorful pages waiting for me to put my pen to the paper, only before I could start to enjoy working in it, my 13 yr old daughter hijacked it and has hidden it in a place only she can find. She too fell in love with this really fun book. So I am going to order a new one. The only thing that took me by surprise was the size if the book. It's quite a bit chunkier than I had thought it would be!!!This book is for any person who love to doodle or scribble out cute animals or make bubble letters, or who just loves putting pen to paper. This book won't disappoint. Dawn is an extremely talented artist who has produced a book that will make any doodler happy.

This is just what I was wanting. Someone else to help me with prompts that get me going with basic ideas for drawing. I'm not a person who spends lots of time doodling and drawing. This book has helped me to put forth some effort in an area that I would like to do more, but don't have a lot of time right now. I find the prompts give me just enough of a nudge to fill a page and inspires me to come back again a few days later if possible.

I like the format of this journal. At this time I don't have the work space or materials to make and decorate my own paper so I find this journal a lovely place to practice my doodlings. I sometimes get bored with plane white pages and the colors and patterns offered here spice things up nicely. The prompts and little nudges are just enough to get me going on an uninspired day. I stopped at 4 stars because I would have liked the journal to be loose leaf rather than book bound. The ability to lie flat or fold under would have been nice. But then again it is mostly a double page layout so you

decide! On the whole, well worth purchasing and I am going to recommend it to a doodling friend.

I really like the looks of the pages, but I was again looking for a 'How to do it' book. I think that the pages are marvelous and I wished it told how to do what she did to achieve the look, but again it is a journal to write in like a diary. I think that I need to look to an art 'how to do it' book. It is inspiring to look at and now I am glad I have it.

This is a great way to guide yourself through your first art journal! I didn't know where to start, and this is a perfect prompter! The pages are nice and thick so that paint and ink don't leak through to the other side! :)

From the description I thought this was something I could use to help me increase my painting and collage creativity. It isn't at all because I don't think answering questions like "...what is it time for you to do in your life?" or "My heart yearns for..." and "Where in the world would you like to put down roots?" but give it three stars for the pretty pages. Perhaps this format will help you but I was looking for more of a practical solution and suggestions.

I came across this little book of wonder, and wow, was I pleasantly surprised. I love to doodle so for me, to actually be able to have a book and just have fun on the pages is superb. Its also a great starter book for those not knowing how to do art journaling, the pages help with that.

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