



## The Journal Junkies Workshop: Visual Ammunition for the Art Addict

*Eric M. Scott, David R. Modler*

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**YOUR MISSION:**

Discover the tactical secret of self expression—the art journalHarness the artistic explosion ticking in your head, just looking for a creative way to detonate. Prepare to be bombarded with ideas, techniques and suggestions as you allow your creativity to take hold. "The Journal Fodder Junkies" are on a mission, ready to arm you with all that you need to explore artistic ways of recording your life and thoughts. Part sketchbook, part diary, part notebook, part dream journal, part daily planner, part to-do list and part doodle pad, the art journal is different things to different people. Whatever it is for you, the Journal Junkies Workshop contains all the covert inspiration and know-how you'll need to get started. Uncover your own path, your own voice, your own style. Inside you'll find:

Basic information on the supplies and materials you'll need to start your journal experience

Step-by-step presentation of techniques using water colors, acrylic paint, image transfers and more

Chapter-by-chapter demonstration that follows the Junkies' techniques as they layer a page, taking it from blank canvas to dynamic document

Ideas on how to get started writing in your journal, covering both what to write and inventive ways of writing it

Gallery spreads taken straight from the authors' journals that give you a unique opportunity to peer inside the heads of two experienced art journalists

Grab a journal and begin basic training today with Eric Scott and David Modler to become a Journal Fodder Junkie!

## **The Journal Junkies Workshop: Visual Ammunition for the Art Addict Details**

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# From Reader Review The Journal Junkies Workshop: Visual Ammunition for the Art Addict for online ebook

## Kris says

"Often when words fail, we can best express ourselves through color, line, shapes and images, and when we cannot find the right images, words take over and express our thoughts, feelings and ideas." (p. 17)

"There is no one right way to keep a visual journal. Every visual journalist must find his or her own way through the journal, discovering the techniques and methods that work best. Whatever the methods, the visual journal is a remarkable place for self-expression and self-discovery. You simply need to be open to the process..."

For us, the journaling process is a nonlinear process. We do not complete one page and move on to the next. Instead, we begin a lot of pages using paint, collage, drawing and words, and then we return to rework and add to pages already in progress...

...we try to use our journals every day, even if only for five minutes." (p. 15)

Lots of helpful how-to photos:

- Watercolor (wash, bleeding, sponging, stamping, lifting, salt, stippling, stenciling).
- Watercolor pencil, Watercolor paint & pencil
- Collage
- Page Altering (folding, doors, windows, singeing, tearing, pockets, pop-ups)
- Drawing (lines & shapes, tracing, doodling, analog drawing, observational drawing with contours)
- Image Transfers (iron-on/solvent/solvent marker/packaging tape/acrylic medium/ink-jet acetate transfers)
- Acrylic Paint (opacity, texturing with sand, scraping, stamping)

"Stream-of-consciousness writing lets you open up and dump the stuff that gets in the way of your creativity on a page." "The trick is to keep writing."

"We encourage people never to tear pages out of the journal... perhaps you can seal it [private writing] in an envelope [attached to the journal page]." (p. 123)

Prompts (examples):

- Dualistic pairs (e.g., I believe.../I don't believe...; I think.../I feel...; My dream.../My nightmare...; Work.../Play...)
- Your greatest triumph/tragedy/joy/regret
- A time when you witnessed an act of tolerance
- All that you are grateful for in your life
- All the things that you would change
- All the memorable events from the last year/month/week/yesterday
- What is the one thing I would change about the world/myself/my life?
- Respond to a piece of music/book recently read/famous quote
- Photocopy a page from your favorite book, glue to journal, highlight three key words from each line to create a unique version of the text
- Glue five images from magazines/newspapers, and respond to images
- Using photographs & writing, create a timeline of your life
- Create a "bucket list". Why haven't you done them? (p. 125)

Daily journal writing; Stories; Lists (one of the easiest ways to write); Random words (can have a strange,

poetic effect) (p. 129)

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### **Crystal says**

Not my aesthetic.

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### **Rift Vegan says**

A decent overview of many visual journalling techniques. But nothing new here.

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### **Marie Z. Johansen says**

I have kept written journals for more than 20 years, but at some point I realized that I wanted my journals to contain more images and color. I always had added copies of photographs to my journals - but I wanted to learn to make art in my books. Art that make me remember my feelings at the time more completely when I went back to review my journal books years later.

I have been doing visual/art journaling for several years now. Oddly enough I still keep a more private written journal but my visual albums are just as I had wanted them to be. I am still learning and growing though so I am always on the lookout for new books about journals and art journaling.

There are so many wonderful techniques out there to learn! I learned about "The Journal Junkies Workbook" from a recommendation on Amazon - after all of the years that I have been using Amazon they have found some real winning titles that I have been glad to hear about from them.

I am a book sniffer and paper 'fondler'. If I am planning to use a book a lot I like to enjoy the feel of the paper, the scent of the paper and the typeface used in the book. This book utilizes a great quality paper with a smooth, semi-gloss finish. I have found that most titles published by North Light Books are really well produced. Great quality and very attractive.

What I especially like about the techniques in this book is that they are, for the most part, simple techniques that are well executed and exceptionally well illustrated. A fast look at the Table Of Content

will give you a good idea about the scope of this book. Check out the forward on page 7 written by Kathy Eldon - very moving. Most of the included techniques are pretty straight forward and not overly labor intensive - illustrating great ways to use generally easily available tools in inventive ways. I am truly enjoying this book and I think that you would like it too - if you have an interest in art, visual journals, art, journals, collage or mixed media design.

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### **Karen Walker says**

Provides demonstrations of step-by-step techniques and ideas for creating your own art journal. It provides encouragement and interesting example pages from personal art journals. Rather than prescribe specific projects to recreate, this book gives readers ideas, tools, techniques, and examples to start their own pages and make them interesting and personal.

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### **Gretchen says**

For the beginner. Nothing new.

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### **Tristy says**

This is a really basic book on art journaling. So basic in fact, that it probably should have been marketed to kids. I also didn't care for the aesthetic of the book - even the art journal pages throughout the book are very basic & don't seem to push any kind of interesting boundaries. I'm giving an extra star for dedicating the book to Dan Eldon, who is one of my art journaling heroes, but I really can't recommend this book.

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### **Tiffany says**

I really liked this book. Lots of ideas without saying "You must do it this way" more of a gentle guideline. And really easy to understand.

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### **Cindy says**

#### **Much More Than "Just" an Art Journaling Book**

These guys are geniuses: artistically, it's obvious so 'nuff said. It's their teaching skills that make them rock stars! I learned more about basic drawing and painting techniques through this book than many other specific 'how to' manuals. A specific example that makes my heart sing: I've read three maybe four books on watercolours and this is the first time I've seen '...dip your water colour pencil in the water...'. HALLELUJAH!!!

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### **Carol says**

**Great book for the beginning art journalist.**

This book is one of the better books I've read about art journaling. It takes you from the very beginning basic techniques to more advanced, but it does not overwhelm with so many additional challenging techniques as other books I've read do. The explanations of "how to" are clear, and the examples are well photographed and instructive in themselves.

I also liked that examples were not all rainbow colored with overused affirmations all over the pages. The authors give you "how to" and "why to", but the "what to" is up to you. I learned techniques that will enhance my art journaling experience and make it truly my own creation. The only criticism I have is that I wish there had been supply suggestions or examples with brand names.

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### **Bethany says**

I really loved this! I haven't been very good about journaling this summer, and it was a good motivator. I've been wondering for a long time how to get into art journaling, and this gave me a lot of ideas on how to make the switch from straight writing to being more creative!

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### **Kristi says**

If you are brand new to the world of visual or artistic journaling and the aesthetic of this book appeals to you this is not a bad place to start on your journey into image-based journaling. The photos and layout of the book are clear so if the authors' style pushes your buttons, regardless of your experience in the world of art journals, you may find the book a good catalyst for your own journaling. On the other hand, if you've read any other books on the topic or are well versed in a variety of artistic mediums and how to combine them you are not likely to find anything new in this volume.

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### **Gina Lento says**

I liked how these guys approached sketchbook journaling....it's raw but the approach is "just do it!"

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### **Sarah Lee says**

Excellent book, highly recommend! I've been going through journaling and mixed media books as so far this is one of my favorites. It has great pictures and details, good information and instructions on how to do many types of techniques. I think both those interested in art journaling and mixed media should check out this book and see what they can use in their creative processes! There were some techniques I already knew and lots of good ideas for me to try as well.

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### **Sonya says**

Great book for visual artists!

