



# The Art Journal Workshop: Break Through, Explore, and Make it Your Own

*Traci Bunkers*

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"Step by step, the reader is brought to art journaling in a method that makes even a novice want to pick up a paint brush and begin making art that expresses your soul."—Diana Gonzalez, *Brooklyn Crafting Examiner*

"Back when I was the managing editor of *Art Journaling*, I remember when Traci Bunkers' journals arrived on my desk. I spent hours pouring through them, wondering to myself, 'How does she do this?' With Traci's new book, *The Art Journal Workshop*, you get to see exactly how."—Christine Olivarez, *Somerset Studio*

Many people want to express themselves through visual journaling, but are stuck or intimidated with how to get started, what to write, or how to move beyond gluing down a few images or putting some paint on the paper.

With beautiful illustrations, *The Art Journal Workshop* breaks down the entire working process of journaling with step-by-step photos and instructions from start to finish. You'll learn how to use different media such as paint, photographs, and collage, while following journaling prompts and exercises to help you dig deeper and enrich the journaling process and experience. Traci Bunkers discusses the benefits of visual journaling, and walks you through battling a creative funk when you're feeling down or uninspired.

Additionally, *The Art Journal Workshop* provides exclusive access to online videos that show the author creating six visual journal pages from the book, start to finish, through time-lapse video clips. This visual guide enhances the information in the book, showing her work progress in a way that goes beyond what can be captured in still photographs or through text.

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