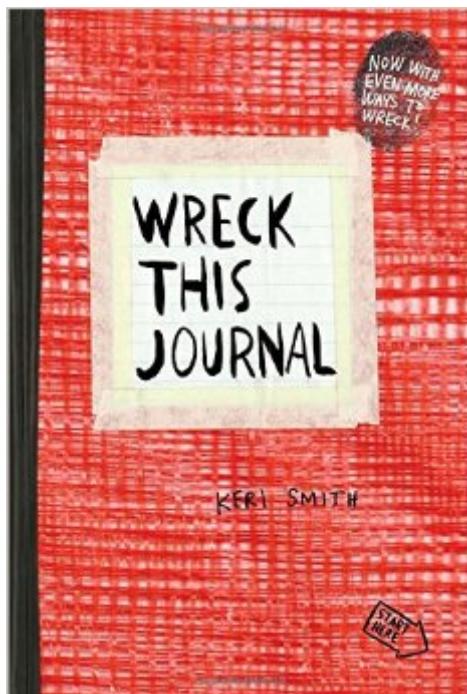


The book was found

Wreck This Journal (Red) Expanded Ed.



Synopsis

Special limited red mesh coverÂ editionÂ of the internationally bestselling phenomenon with over 7 million copies sold! Paint, poke, create, destroy, and wreckâ "to create a journal as unique as you areÂ For anyone who's ever had trouble starting, keeping, or finishing a journal or sketchbook comes this expanded edition ofÂ Wreck This Journal,Â a subversive illustrated book that challenges readers to muster up their best mistake- and mess-making abilities to fill the pages of the bookâ "or destroy them. Through a series of creative and quirky prompts, acclaimed guerilla artist Keri Smith encourages journalers to engage in destructive actsâ "poking holes through pages, adding photos and defacing them, painting pages with coffee, coloring outside the lines, and moreâ "in order to experience the true creative process. With Smith's unique sensibility, readers are introduced to a new way of art- and journal-making, discovering novel ways to escape the fear of the blank page and fully engage in the creative process. To create is to destroy. Happy wrecking!

Book Information

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Best Sellers Rank: #7,926 in Books (See Top 100 in Books) #7 inÂ Books > Self-Help > Journal Writing #9 inÂ Books > Crafts, Hobbies & Home > Crafts & Hobbies > Reference #17 inÂ Books > Self-Help > Art Therapy & Relaxation

Customer Reviews

This book both gives me anxiety and relives it in a childlike way. I'm an avid reader and my books are my prizes possessions. So when the first page told me to crack the spine, I nearly cried as I bent the book in half backward. But when I heard that spine crack it was like my shell cracked and I was free from the chains of all of my books. Somewhere in the book you will find a page that tells you to attach a string to the spine of the book and swing wildly. I recommend clearing the room of all living creatures and breakables. I think my little sister might still have a bump. But otherwise, this book was a fantastic experience and I recomend it for all ages. I am 24 and this is a fantastic stress

reliever.

This is such a great book for expanding your creativity and for giving you prompts to explore your artistic side. My daughter asked for this for Christmas and has really enjoyed it. It's such a nice change of pace from a coloring book or structured art project. It encourages you to mess up, tear a page, tape it back up, cross stuff out and so much more. It's nice to reinforce the fact that whatever you do in it is perfectly okay - it doesn't have to be a masterpiece to be art, and you don't have to be an "artist" to create. I love that!

LOVE IT! This is very fun to do by yourself, or even with friends. It really makes you think outside of the box

Wow! I am having a hard time coming up with the words to describe how AWESOME this book is. My 13 year old daughter received this book as a gift and within minutes she was getting creative and making her mark on the journal. Now, less than a day later, all my other kids are asking for their own copies and I secretly want one too. :) This journal looks so simple, but does something brilliant--it removes the idea of "making a mistake" from the artistic/creative process. There is no fear of not being artistic enough to try...in fact, the wrong-er your work is the better. What freedom! Our world focuses a little too much on getting things right and "Wreck This Journal" is the perfect antidote to that problem. Go out and wreck this book. You are guaranteed to have fun, and get creative in the process.

Are you one of those people who views books as treasures that should not be destroyed? Do you cringe at the thought of folding down the corner of a page to mark your spot? Are you a frequent journaler looking for something new? Or are you someone who has always wanted to journal? Well, this is exactly the book you need to make you burst out of your comfort zone. This, my friends is a wreck it journal. Every single page throughout the book is filled with random, unexplained tasks for you to complete. This is a great way for you to get your feet wet with journaling or move beyond your normal journal experience. And, the best part about it is that there is always something new to do. Even on a day when you don't want to open the book, you just have to so you can see what the next task is. These went reflective, deep thought type of prompts. These are explosive, dynamic, creative prompts to get you to do random things you would never dream of doing in your own. Try it. You won't be disappointed.

I bought 2 copies of this book, one for myself and the other for my adult daughter; the thing about this book is - the activities in it can be done by any 3 year old or someone who is 103! This is some of the craziest, funniest, creative stuff we've done in a while ... highly recommended for group activity or just for something you and your best friend can do together! So what's the buzz all about? Each page in this book is an activity in itself. Be prepared to hang the open book to a specific page and invite the public to doodle on the page. Live near a cliff or water tower? You're gonna be asked to toss the book off a tall place ... and hey - start thinking about how to freeze a page, cause you're gonna be asked to this as well. Hope you get along well with your neighbors ... yeah ... you've got to hide a page of the journal in their yard. Collect stickers off fruit, doodle in specific ways, poke holes in the paper - and *clears throat and grins* - uhm you also have to shower and sleep with the book and document the experience. This is a hoot and a half, y'all! I'm only sorry my family didn't think of all this stuff on our own!

This is a journal for a creative person who wants to color outside of the lines sometimes and try new things. It's really great for all ages -- teenagers to adults. Very clever. We all should have one.

I love this book! It is very cool and creative, some of the things it asks you to do can be weird and/or gross though... But it's all part of the fun. There's so many things to do, this book will keep you busy for a long time. Overall I recommend buying this, great price, great book, the only thing to complain about is it seemed to take a while to arrive, but in the end it's all good. :)

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