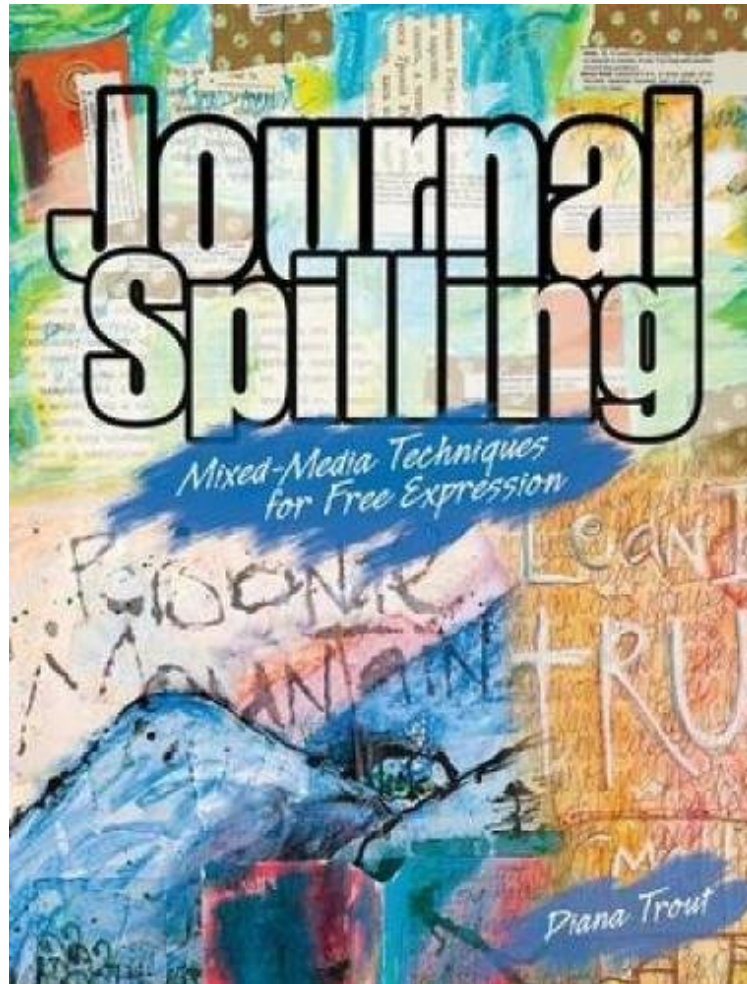


(Download) Journal Spilling: Mixed-Media Techniques for Free Expression

## Journal Spilling: Mixed-Media Techniques for Free Expression

*Diana Trout*

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#169306 in Books North Light Books 2009-10-09 Original language: English PDF # 1 10.88 x .43 x 8.251, 1.00 #File Name: 1600613195128 pages | File size: 18.Mb

**Diana Trout : Journal Spilling: Mixed-Media Techniques for Free Expression** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Journal Spilling: Mixed-Media Techniques for Free Expression:

8 of 8 people found the following review helpful. Spilling Left Me Confused By Michelle Weatherson I wanted to like "Journal Spilling," I really did. And certainly when you read all the other glowing reviews of the book, there is something in Diana Trout's approach in this book that was totally lost on me. I'm still not sure I have a clear grasp on what she means by 'spilling' other than to let whatever comes flow onto the journal page. If my understanding is correct, then at least she was consistent in the message, because that's the way the book read to me as well. Ideas, information, technique all 'spilled' onto the page without consideration for logical flow. I guess at a higher level, the book moves from materials and supplies, to various spilling techniques to personal observations, but then there are

some more techniques and exercises layered on top and thrown in in between. Read in small, isolated bits, the content is engaging. Read from beginning to end, well, sorry to say that for me at least, I was left a little unsatisfied. Your mileage may vary of course...and it obviously did for most reviewers. 0 of 0 people found the following review helpful. Not as inspiring as I hoped. By Mitza McCord I was really looking forward to getting this book and was surprised that when it arrived, it really didn't meet my expectations. It had glowing reviews so I guess I was expecting something new and innovative, but it is really more of the same when it comes to journaling. I read about 1/3 of the book and started noticing duplication of info and ideas so I didn't feel compelled to finish the book. I just wish it had been more inspiring. 40 of 41 people found the following review helpful. A creativity companion for the long haul By Ever the Artist I've had this wonderful book in hand for only a few weeks, but it's already unlocked so many ideas and gotten my work flowing again. I look forward to spending oodles more time with its kindly, steady, positive tone of encouragement. I expect to find it useful whether or not I keep an on-going art journal; there are so many wonderful techniques to play with, and each exploration is likely to lead to multiple new and fruitful trails. I think it will be valuable to artists all along the spectrum of experience, from those just discovering a direction, to more developed artists looking to jumpstart out of creative stalls.

Go ahead make a mess! There are no lines to stay inside of here. You're free to quiet your inner critic and spill color (as well as your thoughts) all over the page. Author Diana Trout offers a double-dose of encouragement for you to try out new techniques, to ask yourself new questions and to see how safe of a place your private journal can truly be. Whether you've been carrying around an art journal for years, or have been waiting for just the right push, in the pages of *Journal Spilling* you will learn new ways with mixed media as well as new insights about yourself. Step-by-step instruction will make the process easy and you'll explore such techniques as: Using salt, alcohol and wax paper as resists for watercolor "Spilling" color over your page with the help of watercolor crayons Creating unique lines and shapes with a fun ink-blowing technique Making secret pockets and flaps for storing wishes and private reflections Carving and stamping with hand-carved stamps, making your pages even more personal Getting out of a writing rut with prompts and inspiring exercises and much more Find out just how fulfilling using creative expression in your personal journal can be and let *Journal Spilling* be the friend to offer you support for each page you create.

About the Author Diana Trout majored in painting at Pennsylvania Academy of the Fine Arts and at University of the Arts in Philadelphia. She exhibits and sells her paintings and handmade books at local fairs and galleries and nationally through her website. For fifteen years she has taught journaling, painting, drawing, paperarts, bookbinding and origami to adults and children. Her work can be seen at [www.dianatrout.com](http://www.dianatrout.com).