



Craft a Life You Love: Infusing Creativity, Fun & Intention into Your Everyday

Amy Tangerine

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In *Craft a Life You Love*, readers will learn how to focus their creative energy and make things (and make things happen) by implementing small—yet powerful— changes in their everyday lives. In this memoir and hardworking handbook, creativity and craft maven Amy Tangerine, shows readers how to find their flow, maintain a positive mindset, and cultivate a rich and fulfilling life by focusing on what truly matters. Chapters explore how to craft the soul, craft the right mindset, craft the right environment, craft good habits, rediscover your creative mojo, and maintain momentum, with each section offering exercises for taking your creative practice to the next level. For anyone who has felt disconnected from their creativity or has had trouble saving a space for their passions, *Craft a Life You Love* will teach you how to make time for creativity each and every day.

Craft a Life You Love: Infusing Creativity, Fun & Intention into Your Everyday Details

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From Reader Review Craft a Life You Love: Infusing Creativity, Fun & Intention into Your Everyday for online ebook

Candace says

I read majority of it and definitely skipped around. It became redundant, which made it boring. Went off topic so much that I forgot the point of the book. Journal bits, it could have done without, because I got this book from the library and I would not write in the book even if I owned it. The book dragged on, and in all honesty, I got really tired of hearing about her son, Jack. For that, it felt like more of a mommy book (great for moms). Had general tips, quotes and advice that was cliché, and I guess you could say, unoriginal. The book was colourful, which is nice but the colors were also a problem. The penmanship for the quotes were dark on dark pages, and was a bit hard to see. Would like if it were simpler. The stories she told, I definitely got bored of. Overall the book was okay just would not buy and a few of the sentences (that were mostly reminders I did know), I wrote down, will apply to my life.

Kim says

Easy to read and inspiring! None of these concepts were new to me but it's always nice to have refreshers and I liked that she included journaling prompts (even though I didn't do many of them...I spend enough time journaling my own "stuff"). I think what I liked reading the most was the author's personal stories...at times I wished she included more of that and less of the motivational fluff! Don't get me wrong, I mean "fluff" in the sincerest of terms because it WAS motivating! But it was also very light and like I said, I've heard it all before. A great starter book though for people that are a little lost in what they want to do with their life and also for Moms (or other people) that haven't had a chance to spend time on their passions and this is a great reminder that it's not only ok, but extremely important to uncover those forgotten parts of yourself.

Gina says

This book was not what I was expecting, and I'm SO glad it found its way into my hands! It was a fun, quirky reminder of why the things we love are (or should be) part of our lives and why it's SO important to make time for them.

The author acknowledges the myriad reasons we have for allowing the activities that bring us the most joy to fall by the wayside. She understands that if we lose touch with those activities and skills for too long, we might forget their potential to bring us joy. She realizes that interests change over time. Because of this, she doesn't judge, and her love of a wide variety of crafts shines through to remind us that it isn't how, or what, or even how well we create that matters. The important part is that we do something, anything, that lights us up, because when we create, it's the truest, most authentic part of us that shows up to participate.

Stephanie says

Loved this book. Really made me stop and think what makes me happy creatively. And not just with paper and glue, but all things.

Deb says

Okay.

A friend suggested I read this on the grounds that Ms. Tangerine had some pretty good suggestions and kept the Newage goop to a minimum. While both observations are correct, there really wasn't anything new and exciting in here. Note: I am probably a good twenty to thirty years older than her target audience, so having a longer perspective may have something to do with my having "seen it all" before now.

That said, the exercises are interesting, and have helped renew my interest in art journaling, so I will give the book that much credit. And Amy's story is interesting, if not a bit indulgent. Many of us who are trying to make it don't have parents or a partner in the background to prop us up if we have a fall or a bad spot, and I think that far too many books of this kind overlook that. Ms. Tangerine at least acknowledges the help she got at crucial moments from her parents.

Still, it was a fairly quick, enjoyable read, and I'd say that there are people who could benefit from reading it. That I just didn't happen to be one of them is no fault of Ms. Tangerine's, and I wish her all success and hope many of her target audience find this book and buy it.

Kimberly says

When I first started reading this book, I did not think it applied to me. I already have my crafts, and make time for them almost everyday. But this book turned out to be about more than crafting, it was about life; how we love it. Priorities, negative and positive experiences and people, choosing what kind of mindset you have. Along with most of the chapters are journaling pages where you can put down what you have learned.

I recommend this to everyone, even if you don't do crafts.

Stephanie says

An easy and intuitive read that really cemented my beliefs on self care. This book isn't only for crafters and creators...it's for all women who are so busy taking care of others that somehow they forgot about themselves along the way. I found myself nodding my head and saying "yes!!!" and "Amen!" throughout Amy's book.

Part book part workbook, it's the perfect combination of anecdote and insight. I adored it.

Now to go make something beautiful...

Jocelyn says

Loved this book! So inspiring and encouraging. Amy's enthusiasm shines from every single page.

Candy says

Great Inspiration and Guidance

This book would speak to anyone who wants to dive deeper into their creative activities (art, cooking, writing, gardening, music, scrapbooking etc) or wants to switch up their craft. Amy shares inspiring stories from her life and includes writing prompts to help think through ways to add creativity where it is most needed. I would also recommend this book to someone who wants to be creative but does not know where to start.

Yaaresse says

I'm the wrong audience for this. It looked like it might be a nice little energy booster for the new year, a kind of get-out-of-the-rut read. Who doesn't like more fun? But I can't relate. While there were some nice ideas and good points made, they seem to come from a lot of other books the author quotes. And I increasingly felt it was just another shallow "let me humble-brag about myself while I keep mentioning my company and YouTube stuff" book.

Actually, this might be the book that convinces me to stop trying to read books in this niche/genre/whatever it is because while reading this I was jolted by how all this "follow your passion" stuff feeds the very insecurities that makes people feel discontent to begin with. I was reminded by a passage in Michell Obama's biography where she was whining to her mother about how, after attending an Ivy League school and securing a spot at a high prestige law firm and making more money than her parents put together had ever made, she wasn't "happy" or 'fulfilled." Her mother, ever the pragmatist, replied she should make the money now and worry about being happy later. It's not that her mother didn't want her daughter to be happy, but there were student loans to pay and obligations to meet. In a later interview, Obama said that was a kind of reality check about just how privileged she was acting. I can just imagine my parents' or grandparents' reactions had someone asked them if they were "following their passion." And yet they managed to do more in a day than most of us do in a week and without needing people to "like" their every effort or a bunch of navel-gazing. And a lot of it was creative without the need for constant applause.

So, I guess reading the book had some benefit, but probably not what was intended.

It's not horrible either though. While there are exercises and prompts that could be valuable to someone really young or who likes the chipper "let me coach" approach, she ends up talking more about herself and exaggerating her "challenges in life" than anything else. What she calls a crisis is pretty much just life.

Marie says

"Don't ask yourself what the world needs. Ask yourself what makes you come alive, and go do that, because what the world needs is people who have come alive."

"Great things never come from comfort zones."

"Be grateful for everything you do not have."

"Every time you complain you are simultaneously eliminating an opportunity to think about something positive and fulfilling."

"You get to decide which thoughts to focus on."

"You have enough time."

"Time is really the only capital that any human being has, and the only thing he can't afford to lose."

"When you know what's important, it's a lot easier to ignore what's not."

Emma Sea says

i have unfollowed the vlogger who rec'd this. The blame lies with me for buying it.

Brent M. Jones says

Does loving what you do attract creativity? In the book, "A Life You Love by Amy Tangerine", she starts out talking about how to "craft a life that you love" and "Crafting the Soul". She asks the question "what is it that we love?" She then presents this quote from Howard Thurman who was an influential African-American author, philosopher, theologian, educator, and civil rights leader.

"Don't ask yourself what the world needs. Ask yourself what makes you come alive, and go do that, because the world needs people who have come alive".

What a great introduction into discussions about creativity. We just know already in our hearts that creativity is close by when we are doing the things that we like.

Finding a way to break through to the subconscious is part of how we open ourselves to new ideas. This part of our thinking responds to emotions, feelings, and thinks in pictures. They work together to tell the conscious what to do.

Later in her books she asks "Does this activity feed my soul"? She also discusses the role of thoughts and feelings saying that they fuel ones actions. The conclusion is obvious. We need to find ways to think good thoughts and have good feelings.

Loving what you do, being in touch with your thoughts and feelings, and then connecting with things that are

new requires some work. We need to search for new input into our thinking. We overcome weaknesses in a very similar way by changing how the subconscious sees things. Feeding it new information.

Leonardo da Vinci said that artists are "links in a chain". They build on what they find. What they add then that becomes something that the next artist can continue to build on. Creativity is what is added.

Fiction can be somewhat like this. Ordinary plots become science fiction when one of the characters becomes an alien. A historical book becomes fiction when one of the characters does something in the book that was not done in real life. It is what you add to what is there that is the creativity.

The subconscious responds well to visual input. It thinks in pictures. It responds well to what you write down. Keep a journal of each day. Write down what you want to accomplish. Read everything you can get your hands on. Read about the subjects where you want to add your creativity. Read what you enjoy. Reading is key. Pictures help. They stimulate ideas. Creativity is the result of connections. Connect the events in your life, and the books, and the visual input you get. The result is that you then add something of your own

Mairead says

I feel a little harsh subtracting a star because there was one sentence that was too much like paraphrasing Ferris Bueller without just quoting it that I could not with it.

Was great as an audio book train commute read and some lines really stuck with me (more below). Also liked the journal prompts. I feel like I was much more into the first third of it, especially based on what I wrote down. Although willpower section resonated and I didn't take any notes so could just be more on me/train conditions.

"You will always feel better if you are just you"

"You do not have to live within anyone's paradigm"

"Let yourself be yourself"

"The abcs of me"

"When you are stuck, stop whatever you are doing and listen to the words you are saying to yourself. What words are you using? Are you feeding the evil wolf and starving the good wolf? Write those words down. See how they make you feel. It won't be pleasant. Then cross those words out in heavy black ink. Use a colorful pencil or make to replace them with five positive actions, emotions, or truths that you can claim in place of those fears."

"Great things never come from comfort zones."

"Feeling nervous means that the thing we are being asked to do matters."

"Open yourself to finding evidence that you are on the right path. —> evidence reel: not just a list of the signs you have been given but what you have given yourself.

Allows you to focus on your successes reinforcing the idea that your life matters and has meaning."

"Synchronicity with the universe"

“We are the creators of our own happiness”

Blaming elegantly — Toni Robbins

“When you blame elegantly, something marvelous happens. You will have an easier time forgiving the people in your life. And the heavy weight of resentment will become lighter and lighter. “

“I never want resentment to stand in the way of being joyful or carefree.”

“My happiness is not beholden to someone else’s behavior.”

“You get to decide which thoughts to focus on and which ones to replace. You get to decide whether you will allow grumpy thoughts to remain in your head, or whether you will actively and intentionally work to replace them with thoughts that make you feel joyful.”

“Replace complaints with thoughts that make you feel happy.

I am frustrated about but if I think about it another way I can see that it’s actually an opportunity to...

You get to decide which thoughts to focus on.”

“Does this feed my soul”

“The rule of positivity”

“Naturally benevolent universe”

“When you throw goodness into the world, you will attract goodness “

“Thoughts and feelings fuel actions”

Gab says

I had so many 'aha' moments while reading this book. Amy sets out her thoughts clearly and concisely and I loved all the creative prompts/exercises too. There are also several very nice colouring pages that I have saved for later!
