



## Create Your Life Book

*Tamara Laporte*

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**Create Your Life Book** Tamara Laporte

**Inspired by Tamara Laporte's art classes, *Create Your Life Book* presents 18 step-by-step projects that help you explore and work through issues surrounding creative fulfillment.**

Based on much-loved mixed-media artist Tamara Laporte's popular, multi-year series of online classes, *Create Your Life Book* offers mixed-media drawing and painting projects that can **raise your awareness** of and help you **work through personal challenges** and other obstacles to creating art and achieving **self-fulfillment**.

Each themed chapter presents 4 to 5 two-part projects: First you will explore a common **issue that hampers creativity** and/or positive self-worth. The second portion is a step-by-step mixed-media art project specially designed to **help you work through that issue**.

There are also project outlines which have been contributed by Tamara's guest teachers: Roxanne Coble, Andrea Gomoll, Alena Hennessy, Mystele Kirkeeng, Ivy Newport, and Effy Wild, each of whom are noted mixed-media artists in their own right. Tamara also shares inspirational photos and **uplifting and encouraging affirmations**. The final chapter presents a simple binding method for creating a keepsake book of your Life Book projects.

## Create Your Life Book Details

Date : Published December 19th 2017 by Quarry Books

ISBN :

Author : Tamara Laporte

Format : Kindle Edition 144 pages

Genre : Art, Crafts, Nonfiction

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## **From Reader Review Create Your Life Book for online ebook**

### **Candy says**

I love the artwork of this artist and author, and I love that she has created this book as a healing arts book. Now that I have finished the book, I cannot wait to get started on some of the projects and practicing over and over as I know I have to do.

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### **Tracy Shephard says**

This is a book designed to inspire and help you express your creativity.

It is perfect for mindfulness, and self healing.

Mental Health is key in today's world and Tamara Laporte's fabulous book is a helpful tool for self expression and personal growth.

The 18 projects range from a Zen Butterfly, designed for you to let go of negativity, to Counting your Blessings.

Through art, and you by no means need to be a fantastic artist, Create your Life helps you understand where in your life you can transform a defeatist attitude into a more calming acceptance of your life and personality.

A range of art supplies are suggested, but a simple pencil and piece of paper can be a good start. A good idea that is recommended is a notebook, to carry around and write down thoughts and feelings to aid your artistic flow.

It's an amazing book and I recommend it for everyone who feels they struggle in their daily lives.

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### **Melissa says**

When I saw this on Netgalley, I know I had to try to get it to review. I realized that I need the actual book to be able to sit down to learn this. If I had a copy on my ipad, it would have been easier for me to read it better than in the Adobe Digital Editions program.

The author explains what a life book is. She wants people to find their creativity. Time is spent on what art supplies is needed. She breaks the book down into projects with how you can heal yourself. For example, Projects 1-4 are under the title letting go. I absolutely love the Zen Butterfly. I can see me working on this one. I love that there is Zentangle in it. That is something else I have wanted to learn, but time has not been kind. Each project is broken down into sections on a 2 page spread showing the reader actually what is coming next. Another 2 page spread shows how to put it all together.

Love the "No One Alive is Youer than You" project using a quirky bird. I also loved the Seeds of Love project. I take from this book is that I need to slow down and learn the items I have been wanting to do.

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I give this book 4 out of 5 stars.

Recommend this book? Yes! Author? Yes!

Read more from this author? Yes!

Happy Reading!

Melissa

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### **Jo says**

Read and loved this book; and will no doubt continue to read and love this book every year, because every year will be different! A beautiful, bright, colourful guide to help you process what is going on in your life, your head and dare I say it for fear of being called 'hippy' - your soul!

The older I get, the more into self-reflection and self-development I find I am getting; that's not to mean I am getting more into myself and becoming self, but exploring how I tick in order to make sense of the world around me. We encourage children to do it all the time, but why not continue into adulthood and use the same beautiful methods of words and picture, be creative and enjoy the process!

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### **Christine says**

A little "woo woo" for me - even though I really like most of that type of thing. The drawings are beautiful and the concept is a good one but the introspection is a bit more than I can use at the moment. For those looking for self-exploration by artistic means, this would be a good choice.

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