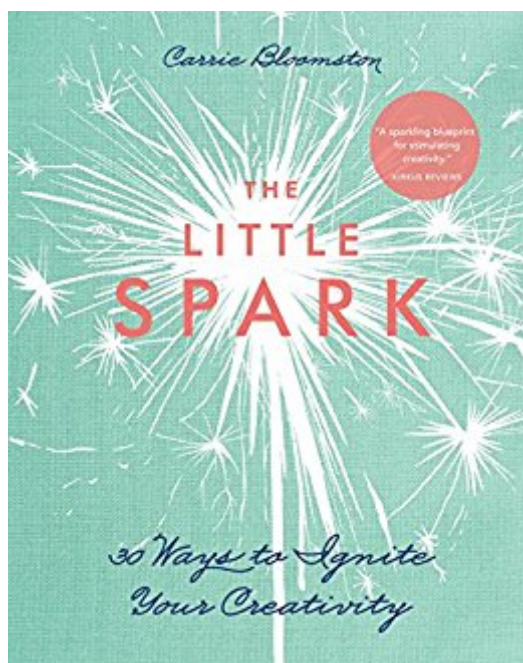


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# The Little Spark-30 Ways To Ignite Your Creativity



## Synopsis

You were born with a creative spark inside. Do you look at yourself now and wonder if the spark has gone out? Ignite that inner fire with the 30 engaging exercises, fun activities, inspirational images, and motivating ideas in this book. Learn what your Little Spark of creative passion looks like, how to capture it, and how to make room for it in your life. Read the book cover-to-cover and use it as a month-long creative roadmap, or just dip into the exercises as your time and inclination allow. Either way, you will change your life.

## Book Information

File Size: 21960 KB

Print Length: 128 pages

Publisher: Stash Books (October 1, 2014)

Publication Date: October 1, 2014

Sold by:Â Digital Services LLC

Language: English

ASIN: B00NJ6K9CG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #484,674 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #11

inÂ Kindle Store > Kindle eBooks > Crafts, Hobbies & Home > Crafts & Hobbies > Puppets &

Puppetry #47 inÂ Books > Crafts, Hobbies & Home > Crafts & Hobbies > Puppets & Puppetry

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Creativity & Genius

## Customer Reviews

I won this book while at Quilt Market, and read it through twice in three weeks. I am a professional quilter (patterns and longarm) and I guess you could say I live a creative life. Sometimes, though, I feel as if I get stuck in a rut, or get bogged down by doubts and worries about my work, which I think we can all identify with. This book is a means to help you get into a creative space within yourself, and to tap into that creativity, even if it's feeling a little hidden. Each chapter can work as a standalone unit, making it easy to find something that works for you right now, or you can start from

the beginning and work through it to the end. The suggestions and practices are encouraging and supportive, and cover a wide variety of topics, including but not limited to: how to get started; how to get over doubt; how to visualize your goals, and much more. So many of us are visual learners, or are in some form of visual art, and looking for something to be equally as visually inspiring, and the layout and design of this book provide that as well. Sometimes you see a book that is just satisfying and solidly what you need, even though you didn't know you were looking for it. That's what this book is, for me. Well, that and a definite boost to get reconnected with my own creative spark.

I've had the opportunity to meet Carrie ... she's awesome. But another book about opening up my creativity, setting me free ... best of luck with that. I happened to be at a fabric store that she was doing a book signing at yesterday, signed book in hand, I purchased it. As I opened it up, titles kept jumping out at me that were meaningful, which made me look a little deeper, and before I knew it I was immersed in the book. Wait, did Carrie write this book for me? about me? she's telling me that everyone feels the same way I do about being creative ... or not? She had me in the first couple pages ... I read the first two chapters and I'm hooked. This book is a whole different approach to opening up ... its easy to read, easy to relate to, easy to understand and grasp. I can't wait to continue digesting it!

This book is full of bite-sized nuggets to nurture and inspire your creativity. Treat yourself to a night on the couch, perhaps a glass of wine? and savor each page -- filled with beautiful photos and ideas that you can put into practice right away. This book also makes a great gift for a friend, sister, mother, aunt, babysitter -- or anyone who could benefit from a little creative boost. Carrie is a real life creativity enabler, and also my friend. My kids have made paper lanterns, tooth fairy pillows and junk sculptures from her "bits and bobs" studio drawer. My daughter has traced her quilting patterns to make art for her bedroom walls. I myself have gone to many of her vision board workshops, where I enjoyed the community and conversation just as much as the cutting and pasting. I think my favorite tip is the jar of markers. I now have a jar of Sharpie markers on my desk at work, and just looking at it puts me in a more creative frame of mind. Okay -- you've spent enough time reading my little review. Now go order this book and enjoy the new spark it brings to your life!

I've read a fair number of books and articles on creativity. It is a topic that fascinates me the longer I teach fiber art classes. Why is it that some people know they are creative, and some people absolutely deny that they could ever be creative? I always insist that everyone is creative, but some

people have simply shut down this essential part of themselves. Artist and author Carrie Bloomston agrees with me. She's just written one of the best books on creativity that I've ever read. It's already changed my life. It's called *The Little Spark: 30 Ways to Ignite Your Creativity* (C&T Publishing, 2014), and it is 128 beautifully written, photographed, and designed pages to help you try new things, think about things from a different angle, and get motivated to build the artistic life of your dreams. So much of what Carrie says resonates with me. Much of it is stuff I believe, stuff I've been telling my students, too. Some of it is stuff I know, but need to be reminded about.

“The fact about a creative life is that it is messy and imperfect,” says Carrie. “Don't you love that? Permission to make messes and screw things up? Yes, yes, yes!” Carrie writes with great passion, joy and honesty about her creative life. She shares her enthusiasm, her struggles, and her discoveries on her path to greater creativity and personal fulfillment. This is a deeply spiritual book. Not a religious book, but a book about finding meaning and contentment through personal growth, connections, and giving back. It's about harnessing your essential core — your creativity — and why it is so important to finding your bliss.

I am on my first read through of *The Little Spark*, but it really isn't a book for reading - it's a book for DOING! I bought the ebook and I will need to have a notebook beside me to follow through on all the great prompts in each chapter. I wish I had purchased the hard copy! I plan on going back through and doing all these prompts in a separate notebook. However just reading a chapter each night before bed and thinking about the prompt brings lots of great ideas to me while I sleep. So glad I bought this book!

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