



Art Journals and Creative Healing: Restoring the Spirit Through Self-Expression

Sharon Soneff

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A beautiful, artistic offering that offers projects on challenging, but universal subjects.

In follow up to *Faith Books & Spiritual Journaling*, author Sharon Soneff will continue to show that there is a richer, deeper reward to artistic, creative journals beyond the beauty they supply. In this new volume, *Art Journals & Creative Healing*, she demonstrates with real excerpts from beautiful and unusual artistic journals that the process of journaling can be a tool in navigating through some of life's more challenging seasons, as well as a tool to support personal growth and achievement. Challenging and complex experiences are treated with dignity and sensitivity, and will inspire readers dealing with their own issues, by placing the greater emphasis on the positive outcome that was yielded for the artist who is willing to be vulnerable in the process. Hope, growth, and healing are at the center of each work, and help deliver the message of the book.

Additionally, the ideas, artistic approaches, and resources provided by the author and numerous contributing artists will help the reader with creative ideas for working through various situations through their reflective and artistic journal keeping. Through a marriage of beautiful imagery, uplifting and literary quotations, and other rich sources, *Art Journals & Creative Healing* offers its audience a full-bodied experience pertaining to creative journals, along with journaling worksheets and journal prompts to help readers get started with their own journals. Specific topics to be addressed would include using mediums as metaphors, journaling for cathartic expression, gaining wisdom through introspection and reflection, finding strength in the midst of suffering, and finding beauty in pain. *Art Journals & Creative Healing* is a supportive and encouraging text offered as a creative companion of sorts for those traversing over the obstacles and overcoming the challenges of life.

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