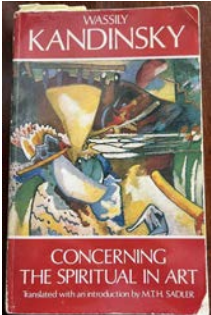


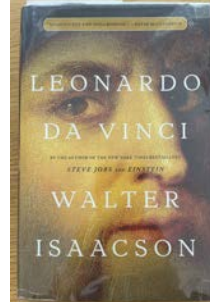
# Book Lovers Challenge

## Community Picks



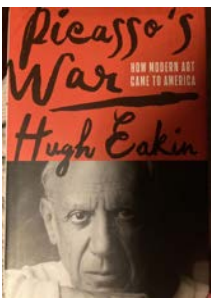
*Concerning the Spiritual in Art*, Kandinsky. Kandinsky explains his theory of painting in the first part of the book. In the second part of the book, he discusses the psychology of colors, the language of form and color and the responsibilities of the artist. I'm going to read this again!!

— **Ximena Musch**



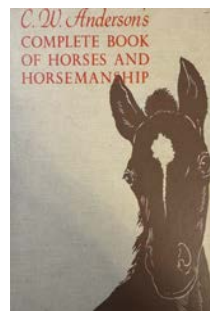
-Walter Isaacson's biography of Leonardo da Vinci. It is absolutely stunning. Initially, I listened to the audio version - beautifully narrated by the inimitable Alfred Molina. However, I also checked out the book from the library as I felt there were so many passages I wanted to reread and illustrations I needed to see.

— **Parinaz Ziai Bahadori**



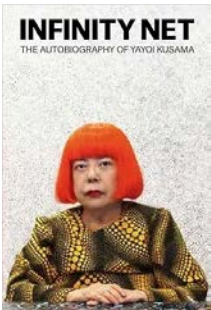
*How Modern Art Came to Africa*, Hugh Ekin. The first part of the book centers on a "renegade Irish American lawyer named John Quinn" who set out to build the greatest collection of Picassos in existence. This was all before, during, and after WW1.

— **Caroline Kelley**



*Complete Book of Horses and Horsemanship*. As a retired literature and composition professor, I have hundreds of favorite inspiring books. I was a voracious reader as a child. In 1965 I selected this book because I loved horses. The best part for me were Anderson's illustrations, which I tried to copy in my sketchbook.

— **Eileen Zamora**



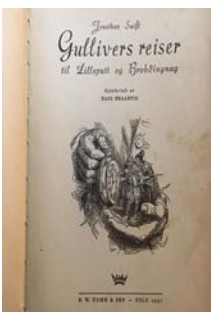
*The Autobiography of Yayoi Kusama*. She found her way to the United States and became the artist she wanted to be. Despite mental issues and living in an institution, at the age of 94 she is still creating mesmerizing pieces of art with installations and new works displayed in world wide museums.

— **Susan Valine Landi**



*Gulliver's travels to Lilliput and Brobdingnag*, Jonathan Swift. My choice is not justified by the book's content but by the book's meaning and value in my life. The book has inestimable value for me, among other things because it awakened my urge to draw and that laid the foundation for everything I have done since.

— **Linda Bones**



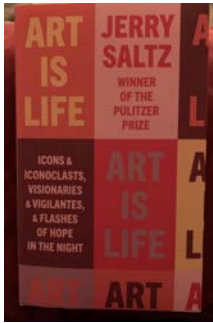
*Gulliver's reiser to Lilliput og Brobdingnag*, Going with Gulliver on a journey occasionally has been a lifelong tradition for me. I love to be able to go again and again to this place between the covers that is exempt from time and space and to know that it conveys the same thing to all.

— **Linda Bones**

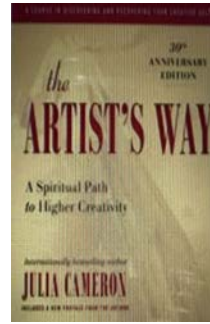


*What the Robin Knows*, Jon Young. This groundbreaking book unites the Indigenous knowledge and the author's own experience of more than four decades in the field to lead us toward a deeper connection to the animals and, in the end, a deeper connection to ourselves.

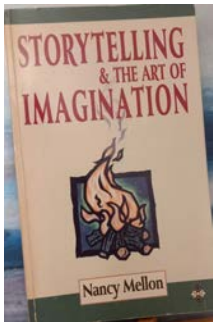
— **Michelle Wilman**



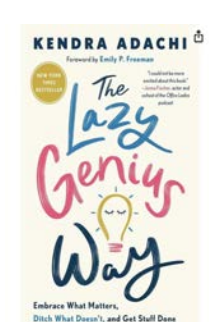
*Art is Life*, Jerry Saltz.  
Another book selection. I have just started reading this and i'm already hooked. The title grabbed me because of this Art2Life community and program, the book just seemed liked synchronicity was calling!  
— **Dawn Littlepage**



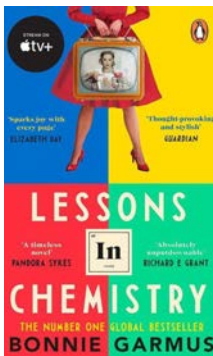
*The Artist's Way*, Julia Cameron. It was a 3 year time frame so I did volunteer work and dug into learning how to immerse myself in art. This book helped me try new things, meet new people and learn so much about art and the world of art.  
— **Carol Michaud**



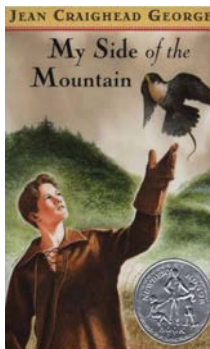
*Storytelling & The Art of Imagination*, Nancy Mellon leads the reader into storyscapes, journeying through the elements, through seasons and moods where a guide or creature companion may accompany the traveler, to overcome challenges and to assist in discovering treasures and wisdom.  
— **Dee Godfrey**



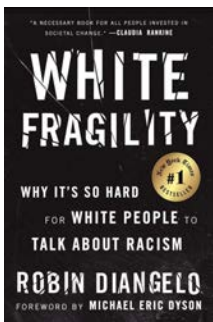
*The Lazy Genius*, Kendra Adachi. Kendra has core principles like "decide once" and "name what matters." This book has helped me get to the core of what's important in my life and the principles have practical applications to art making as well.  
— **Stephanie Porcel**



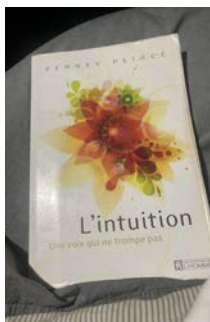
*Lesson in Chemistry*, Bonnie Garmus  
Whenever you feel afraid, just remember. Courage is the root of change - and change is what we're chemically designed to do. So when you wake up tomorrow, make this pledge. No more holding yourself back.  
— **Gemma Steemer**



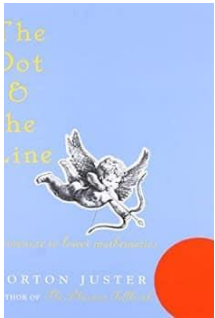
*My Side of the Mountain* Jean Craighead. This one I've read many times since I was twelve and it taught me many lessons I've needed as an artist.... self-confidence, imagination, self sufficiency, resiliency and starting over when you need to.  
— **Stephanie Paloni Chupelein**



*White Fragility*, Robin Diangelo  
I love to read, so it's not easy to pick a book. But if the criteria is having an impact on your life, then this is certainly one. Two of my five children are non-white, so it is particularly important for me to have a good understanding of racial issues. There is so much to learn on this book..  
— **Kristin Meyers Clark**



*The intuitive way* by Penney Pierce Adachi. I have always been an intuitive person but this book really made me understand it and gave me the knowledge to trust myself more with my intuitions.  
— **Fannie Dion**



*The Dot and the Line*, Norton Juster.  
This is my favorite book. It's a visual and mathematical delight about breaking free of societal norms. It's a simple children's book for all ages.

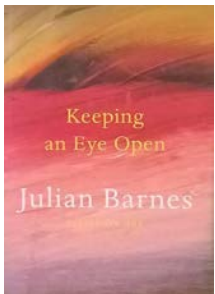
— **Tracy Landon**



*The Boy, the Mole, the Fox and the Horse* by Charlie Mackesy.

The quickest read, yet the most powerful! I have given this as a gift to so many, as it encourages us all to live courageously with more kindness for ourselves and others. Truly a wonderful work of art...

— **Mary Milton**



*Keeping an Eye Open*, Julian Barnes.  
Reading for me is an escape to another world. This book I read at least two years ago and could not finish it because I just loved it so much. I love it because it is beautifully written and includes many of my favourite artists.

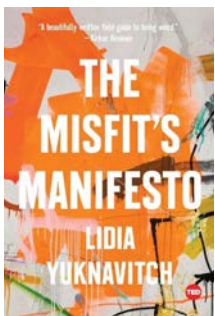
— **Eileen Corcoran**



*Phosphorescence*, Julia Baird.

This book just fills me with joy. I see the cover and feel uplifted. Instead I dip back in read a paragraph and carry that with me for a week or two. It's a book about awe and joy and wonder and magic and the quest for these things is all I've been about since a period of intense difficulties.

— **Sally Farley**



*The Misfit's Manifesto* by Lidia Yuknavitch.

When I read *The Misfit's Manifesto*, I felt like I had come home to myself. Lydia's book is a "love letter to all those who can't ever seem to find the 'right' path." She reveals that being a misfit is not something to overcome but to embrace.

— **Myryn Elizabeth Clark**



*The 12 Secrets of Highly Creative Woman* by Gail Mcmeeken. The writer I can relate to having a serious illness that changed the projectory of my life. When my illness put my life into survival mode I went into what I call the healing arts. Now back doing what I was always meant to do. It got so much, as a portable mentor for artists.

— **Gale Lynn**



*What Do You Do With a Problem?*, Kobi Yamada. I particularly love children's books; their truth fills my heart. It's a story to inspire you to look closely you might discover something amazing about yourself."

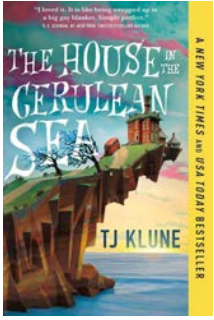
— **Lindy Hyman**



*The Light Pirate*, Lily Brooks.

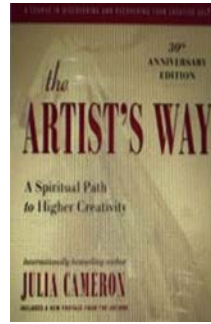
This book has haunted me since I read it some months ago. As temperatures rise and the ocean erodes what we regard as civilization, the not too distant future of Florida being reclaimed by nature is vividly realized.

— **Eloise Kay**



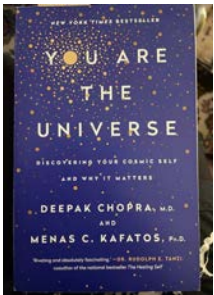
*The House in the Cerulean Sea*, Tj Klune. This book isn't about art at all. But I think many of us will be touched by it. It's a story about being different, about being in community and about taking care of those we love.

— **Tom Hlas**



*The Artist's Way*, Julia Cameron. It also incorporates a lot of what Nick teaches about your life being able to come out through your art because you're enjoying life more. That part has always fascinated me. It unblocks and allows us the freedom to really go deeper in our art.

— **Dawn Kopasz Baja**



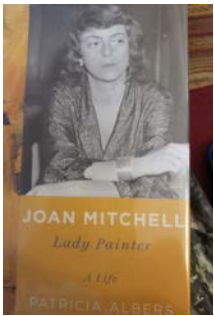
*You are the Universe*, Deepak Chopra. This is my bedtime reading but I end up rereading parts because I fall asleep. I love that it addresses how we have more control over our life than we could ever imagine. It's helping me embrace more fully all those things Life has to offer if we're willing to release our ego.

— **Roxy Stasium**



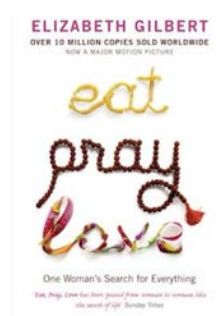
*Demon Copperhead*, Barbara Kingsolver. I finished this magnificently written book. Deep, funny and such insight into being human.

— **Avi Clark**



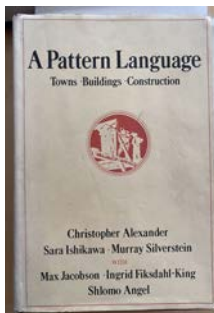
*Lady Painter* by Joan Mitchell. Book challenge. For those who love biographies. I loved this book about Joan Mitchell.

— **Marianne Lindner**



*Eat, Pray, Love*. Elizabeth Gilbert I have read this book several times and never get bored of it. I find it to be a heartwarming, uplifting memoir of Elizabeth Gilbert's journey of finding herself. It taught me its never too late to start that journey towards true authenticity..

— **Clair Stannard**



*A Pattern Language*, Christopher Alexander. What is it about a cafe or a town square that makes us feel connected. I feel that these same elements translate into making art and many aspects of my life. We are all human and there are very basic elements of harmony and discord that we all relate to.

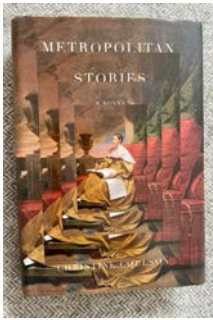
— **Cynthia Stanley Esselman**



I read Jonathan Livingston Seagull by Richard Bach and loved it. It survived the ruthless sorting of books I went through in preparation for my move early this year. Another survivor is *The Hidden Life of Trees* by Peter Wohlleben which brought wonder and continues to do so whenever I walk around trees.

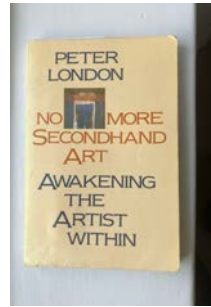
Today I am reading with a child's fascination *An Immense World* by Ed Yong. There is a LOT of information and I am taking it in slowly.

— **Giliane Bader**



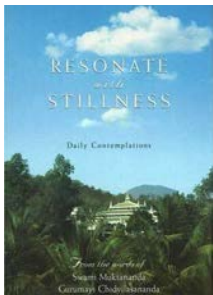
*Metropolitan Stories*, Christine Coulson  
The book is a series of humorous and surreal short stories written from the point of view of everything from a chair in the museum, an underdrawing in a famous painting, to famous sculptures being interviewed for the job of muse to the museum's director.

— **Catherine Parker**



*No More Secondhand Art* by Peter London.  
This book keeps luring me back. It's a wise and compassionate companion for the path to recovering our birthright - authenticity.

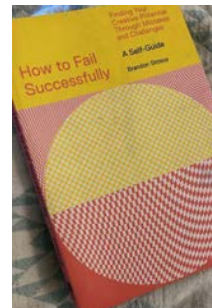
— **Andrew Moir**



*Resonate with Stillness*.

I have read this book of daily contemplations for many years. Written by two teachers of the meditation path I follow, it provides focus and inspiration to my spiritual/creative journey.

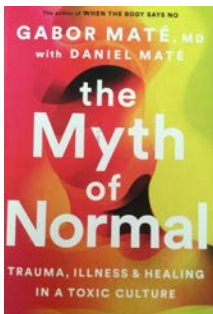
— **Nick Mozak**



*How to Fall Successfully*.

All of us understand the failing part and doing it successfully is what Nick and team move us towards every day! This is a fun read!!

— **Sheree Stewart**



*The Myth of Normal* by Gabor Mate.

This book is not a light and fluffy read, it's wise, sophisticated and rigorous. It's a reminder of the importance of and the why of doing the work to take care of our issues. His explanation of how our culture affects our health makes me so incredibly glad to be on the creative journey I'm on.

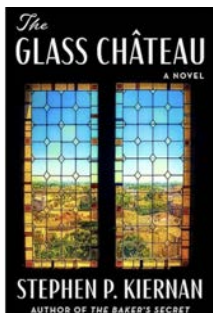
— **Jeanette Orydzuk**



*Big Magic*, Elizabeth Gilbert

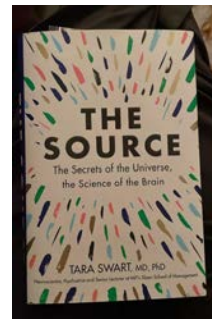
This book came when I really needed it in 2016. I had stopped working in the medium. I didn't know what I was going to do next and I felt lost without my artistic outlet and identity. I really just needed to be reminded to watch and listen and stay open to where my creative spirit was leading me.

— **Sheri Fox**



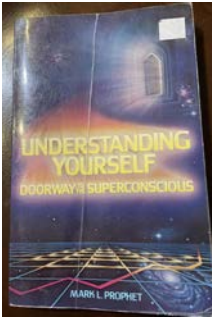
*The Glass Chateau*, Stephen P. Kiernan  
It is roughly about Marc Chagall's stained glass work...takes place right at the end of WWII and be forewarned there are some tough scenes in the book.

— **Dawn Littlepage**

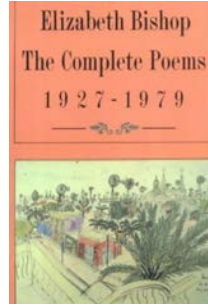


*The Source* by Dr. Tara Swart. The one that currently has my attention. I discovered her by listening to a health podcast and found her story and process so engaging I bought her book and I'm on my third listen. What it's about, in a nutshell, is science meets quantum physics.

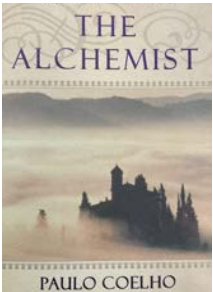
— **Eloise Kay**



*Understanding Yourself*, Mark L. Prophet. Solve our personal problems while plunging into the subjective sense of the problem. Better to follow the lunar fields to psychic energies of creativity.  
— **Gayle Mecca**



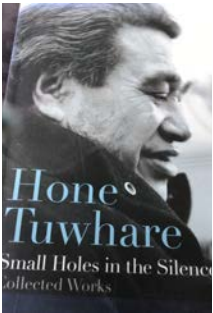
*The Complete Poems* by Elizabeth Bishop. This book, and specifically this poem, as I age and lose items, some memories, many friends and my partner  
— **Pam Becker Orren**



*The Alchemist* by Paulo Coelho. This one popped into my head about 10 minutes into the call. Have read many times. It's the eternal testament to the transforming power of our dreams and the importance of listening to our hearts.  
— **Cheryl Hansen**



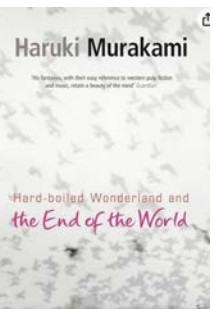
*Migrations* by Charlotte McConaghy. It's a beautiful, lyrical, haunting ode to love and nature set in a not-too-distant future where the earth's creatures are all nearing the verge of extinction.  
— **Stephanie Brockway**



*Hone Tuwhare*. It is by Hone Tuwhare. Born in 1922, his pre-poet career was as a boilermaker. I love the boldness of the simplicity in his poems. The edge of joy and humor, his mateship with nature and his daring to carve his own conversational style.  
— **Phillipa Reeve**



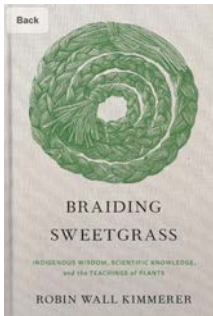
*The Four Agreements* by Don Miguel Ruiz. When I looked up this random art teacher on my FBfeed to see if he was legit, there was the familiar cover of a great book. I immediately felt reassured about signing up for the free pre CVP workshop. And I'm still here. This is a photo I took of a begonia in my garden, I put it on my home screen a few months ago to remind me of the four agreements.  
— **Megan Coupland**



*Haruki Murakami*. I love most of Murakami's novels but I think this is the one I read first and it roused me from depression. It has themes around dreams which are explored through magical realism  
— **Nicola St**

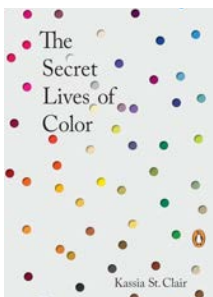


*Artist, Gardener, Radical* by Frank Walter I am always interested in the lively, highly personal work of artists there. Frank Walter's prodigious life (1926- 2009) as painter/writer/gardener/radical is highly engaging and the book is a fantastic tribute to his unorthodox life.  
— **Gail Shaw**



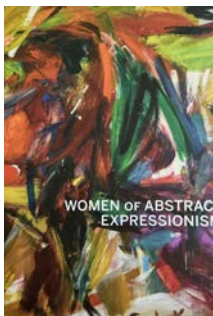
*Braiding Sweetgrass*, Robin Wall Kimmerer. The book has been referred to as “a hymn of love to the world.” Told from both a botanist and a traditional wiigashk point of view, it’s about observing and giving thanks to nature’s abundance.

— **Beth Gullickson**



*The Secret Lives of Color* by Kassia St. Clair. A deep dive into the aesthetic and cultural significance of your whole paintbox. It will blow your mind. .

— **Robin Landis**



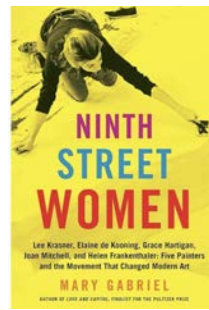
*Women of Abstract Expressionism*. The Denver Art Museum is involved in this project and the images and writings and history of this time is depicted in a gorgeous dedication to women and abstract art!

— **Lindsay Walsh**



*Punk* by Junko Oki. She embroiders on old fabrics and focuses on relationships. All hand stitched and featuring images which may have symbolic references, such as circles (unity) and crosses.

— **Dee Thomas**



*Ninth Street Women* by Mary Gabriel. It is a long, slow, serious, deep read. I call it a “warrior” book. It is historically important for understanding the “art-world-mountain” climbed by these important artists.

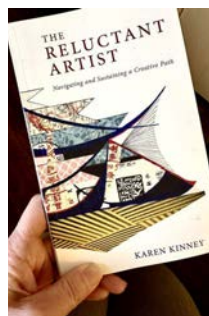
— **Dawn Littlepage**



*Vielleicht* by Kobi Yamada.

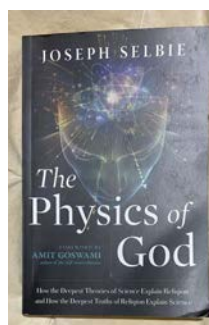
This book is a beautifully illustrated invitation to discover and unfold your unique potential by following your heart and doing everything with love.

— **Anata Éro**



*The Reluctant Artist*. I’m delighted to share a book I love: Navigating and Sustaining a Creative Path by Karen Kinney. This excerpt from the book’s Introduction drew me in back in 2017 when it was first published

— **Claire Ulmer Standish**



*The Physics of God* by Amit Goswami. Incredible book about the science in/of religion and getting closer to the theory of everything. This book really helps in shedding light on how our thinking affects the material world.

— **Erica Miller**

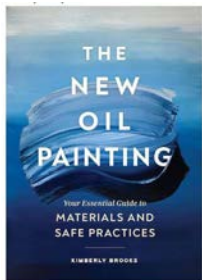


*The Little Prince*, Antoine De Saint, The books that have such an impact in my life. Such a deceptively simple book that almost reads like a children's book but with deeply felt lessons on love, relationships and loss.

— **Muriel Triunfante**

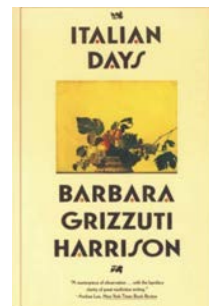


*Parable of the Sower*, by Octavia Butle, is a timely dystopian novel written in 1993 about life in future Los Angeles, CA. In 2024, with the world descending into madness and anarchy, one young woman begins a fateful journey toward a better future. — **Maribeth Joyce**



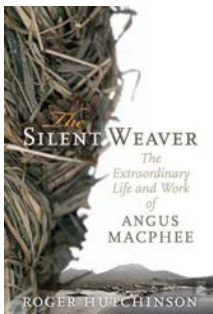
*The New Oil Painting*. I was intrigued to hear that the author explores tried and true methods of “natural” oil painting. The author is painter Kimberly Brooks, the founding arts editor at Huffington Post. She offers alternatives to using solvents so that artists can enjoy safer practices for themselves and the environment.

— **Julie Brown Sheil**



*Italian Days* by Barbara Grizzuti Harrison. My trusted bedside companion for any mood I'm in since 1989.

— **Diane Isherwood**



*The Silent Weaver* by Angus MacPhee Angus MacPhee, born and raised in Scotland, takes center stage in this biography. History, outsider art, and mental health care are all encompassed in this book.

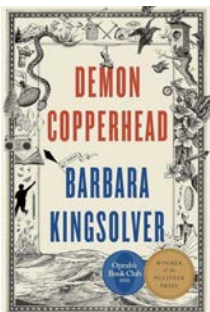
— **Shona Riaz**



*Life Force* by Louise Fletcher

This beautiful book by Louise Fletcher is one of many I treasure. Taking this next passage right off the web describes it perfectly “Life Force is a stunning sequence of over 30 abstract artworks.”

— **Lori Gale-Wolff**



*Demon Copperhead* by Barbara Kingsolver. Her latest, *Demon Copperhead*, is a tough read, especially in the beginning. However, the writing is superb. Kingslover literally paints pictures with her words. Her wry humor will get you through this story about a young man, who also happens to be an artist.— **Maribeth Joyce**

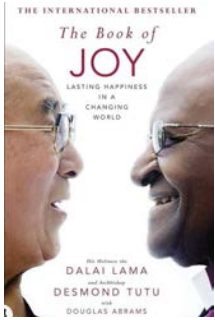


*Lettera Amorosa* by René Char.

This book of poems by René Char, with illustrations by Georges Braque and Jean Arp, is a beauty. Rachel Hartman's novel, *Seraphina*, is a witty reflection on art and what makes us human. A reminder that humour and fantasy can be an artist's best tools!

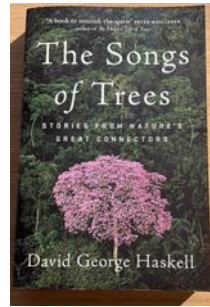
— **Florence Daurelle**





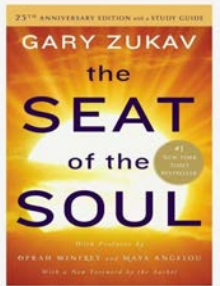
*The Book of Joy.*  
Highlights from their conversations over a one week visit shared in 2015. Filled with nuggets that bring inner peace, gratitude and joy. Their friendship and hearts are an inspiration. I cried when it was over.

— **JM Allsberry**



*The Song of Trees* by David Geoge Haskell. Writing with a combination of observation, story, science and poetry, Haskell focuses on a specific tree for each chapter with locations ranging from Jerusalem to Manhattan.

— **RevLou Oakes**



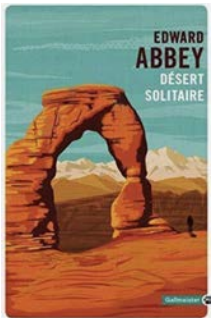
*The Seat of the Soul* by Gary Zukav  
This is the book I am listening to now and I'm going to order a physical copy too. I feel like it is literally expanding my consciousness while listening and my brain feels electric.

— **Tessa Maagdenberg**



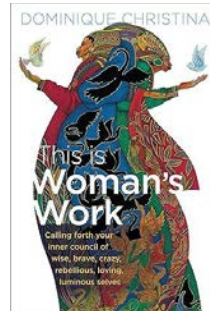
*As a Man of Thinketh* by James Allen. An oldie but goodie about the power of thought and the subconscious as a driving force behind our actions and ultimately a shaper of our experience.

— **Judy Carter**



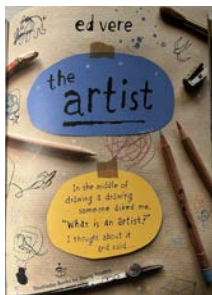
*Desert Solitaire* by Edward Abbey. It's a kind of rambling memoir by a writer who spent two or three summers working as a park ranger in the 1950s in what was then Arches National Monument, now a National Park.

— **Katie Jett Walls**



*This is Woman's Work* by Dominique Christina. *Every woman is composed of many selves—archetypal players of the psyche who contribute their voices to her greater "I."* Here, Christina creates an empowering space for women to examine their inner workings and honor the feminine aspects that make them who they are.

— **Dominique Christina**



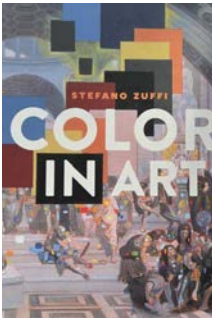
*The Artist* by Ed Vere. Children's picture book about the heart of an artist and the artist's ability to see.

— **Lisa Chernin Goodman**

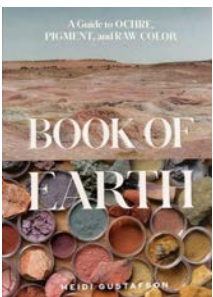


*Zen Seeing, Zen Drawing* by Frederick Franck. He writes art is neither a hobby nor a profession, art is a Way of being speaks to me.

— **Susan McIntosh**



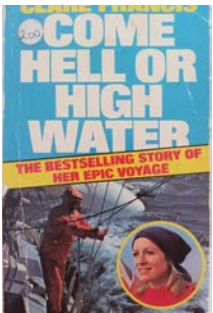
*Color in Art* by Stefano Zuffi.  
My favorite art store has an art book collection for sharing with artists. This is the third book I am loving to read. I love how each chapter is based on a single colour.  
— **Christine Thompson**



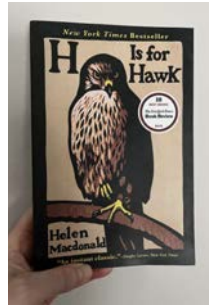
*Book of Earth* by Heidi Gustafson.  
I already shared a book but this book is SO cool!  
— **JM Allsbery**



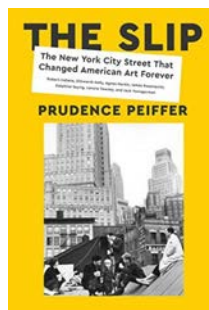
*Mandala* by Miriam Arguelles and Jose Arguelles This book Mandala isn't a novel. My exposure to this book and mandalas back in the early '80s transformed my life and organically led me on a very challenging and blessed path.  
— **Eva-Lynn Loy**



*Come Hell or High Water* by Clare Francis. A lone sailor, no GPS, no decent wet weather gear, no fancy anything. A woman - at the time highly unusual in 1976 (and beyond). Total respect. Talk about mindset! It is out of print now, so very precious.  
— **Ana Davi**



*H is for Hawk* by Helen Macdonald. This book is beautiful and sad, haunting and inspiring and emphasizes how connecting to nature and/or befriending an animal can enhance your life in so many ways, especially during trying times.  
— **Bridget Flood Hurley**



*The Slip* by Prudence Peiffer.  
This remarkable biography, as transformative as the artists it illuminates, questions the very concept of a “group” or “movement,” as it spotlights the Slip’s eclectic mix of gender and sexual orientation, abstraction and Pop,  
— **Prudence Peiffer**



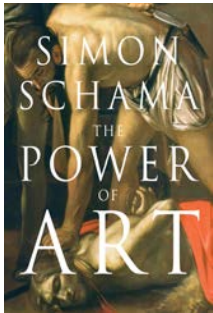
*Painting Abstract* by Gareth Edwards & Kate Reeves-Edwards. Here are some books/catalogs I have been inspired by recently. Not giving full reviews but rather just pointing out some really interesting books. This one is great for developing ideas from looking at landscape painting history and atmospheric abstract painting ideas.  
— **Bryan Van Donslear**



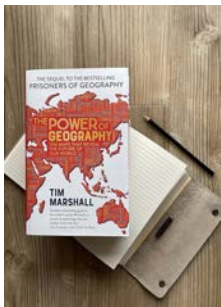
*Kalo* by Andrea Kettenman.  
This is the book that gives inspiration to Susan Smith  
— **Susan Smith**



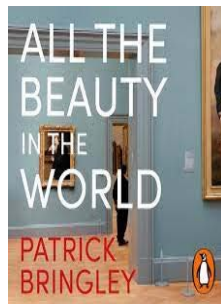
*Art + Faith* by Makoto Fujimura. From a world-renowned painter, an exploration of creativity's quintessential--and often overlooked--role in the spiritual life  
— **Makoto Fujimura**



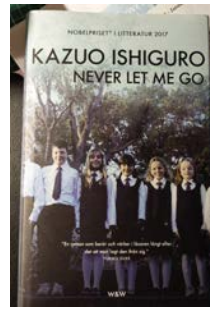
*The Power of Art* by Simon Schama. He explores the power of art and its point by looking at 8 great masters who challenged the conventions of art and the way we look at our world.  
— **Nadya Bismillah-Lang**



*The Power of Geography* by Tim Marshall. His premise is that geography shaped the past and also our future. Highly recommended for anyone interested in politics and power.  
— **Nadya Bismillah-Lang**



*All The Beauty in The World* by Patrick Brinkley and *The Metropolitan Museum of Art and Me* by Patrick Brinkley. I recommended this book some time ago. Very personal, very moving.  
— **Nadya Bismillah-Lang**



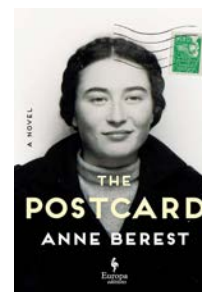
*Never let me go* by Kazuo Ishiguro. It is I lived with the book until I was finished. It's a novel that touches and painfully hurts, beautifully written and so truthfully characters that it seems to me I've been there and experienced the history.  
— **\_Dis Lotta Keyet**



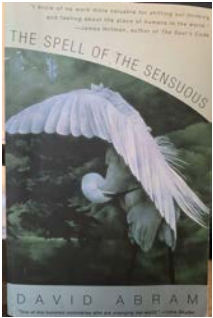
*The Creative Act* by Rick Rubin. I've bought a few lately, and Rick Rubin's "The Creative Act" is becoming a great sloooow read. I do listen to many podcasts and YouTube videos for most of my day whilst in my studio. I've probably listened to that book 3 times  
— **Michelle Graven**



*The Art of Looking Sideways* by Alan Fletcher. My recommendation for visual adventurers  
— **Annie Tempest**

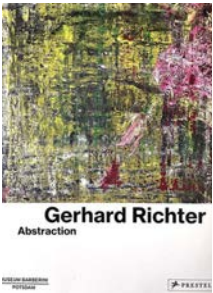


*The Postcard* by Anne Berest. *The Postcard* is a vivid portrait of twentieth-century Parisian intellectual and artistic life, an enthralling investigation into family secrets, and poignant tale of a Jewish family devastated by the Holocaust and partly restored through the power of storytelling.  
— **Anne Berest**



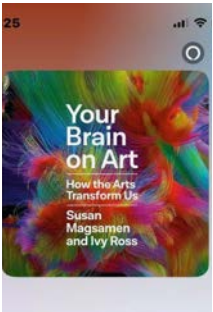
*The Spell of the Sensuous* by David Abram. The Spell of the Sensuous is a true story about a magician, who went to Bali, to study with a shaman there. In Bali, under this shaman's tutelage, he learned to become more and more sensitive to the sensation that he felt from nature.

— **Heather Martin**



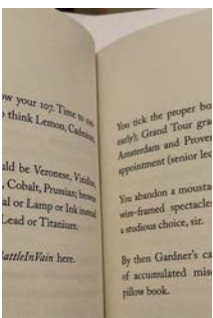
*Gerhard Richter Abstraction*. It covers his early representational work that he began abstracting in grey scale, then it covers his color grid studies, and finally his expressive squeegee paintings.

— **Kate Wendt**



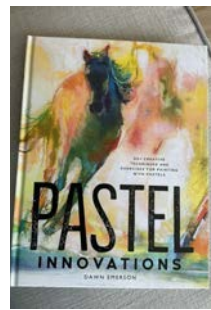
*Your Brain on Art* by Susan Magsamen and Ivy Ross. I love this fascinating book! There is so much interesting information that I've listened to it twice. It's an audio book if you have it.

— **Mona Grossman Segall**



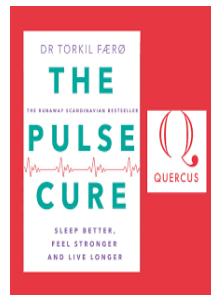
*All the Colour In the World*. A novel in snippets. Genius! A masterpiece of brevity and eloquence; a love story, and an art education. Not just the story, but also the language and metaphor is heart wrenchingly beautiful. CS Richardson, Toronto. 2023 Giller Finalist..

— **Carolyn Hassard**



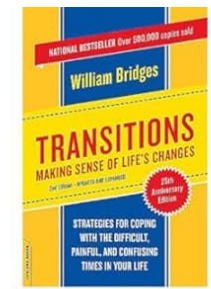
*Pastel Innovations* by Dawn Emerson. This book gives creative ideas and exercises on how to combine pastels with other media and also use them creatively with monotypes, which was most interesting for me as a printmaker.

— **Marta Nowicka**



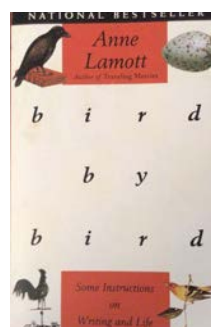
*The Pulse Cure* by Dr. Torkel Færø. I was so lucky to be part of his group of 200 participants - sharing our practical experiences with the theories that he claims. I just love this book - it has adjusted my way of living in so many aspects

— **Heddy Anne Torp Lund**



*Transitions* by William Bridges. It is an inner re-orientation and self-definition that we go through to incorporate those changes into our lives. He describes the three phases of transition, which includes a time period when we have to let go and feel adrift. It is part of the process to get to a new beginning.

— **Vicki Bloom**



*Bird by Bird* by Anne Lamont. The book I pick up everyday is the Bible. I loved *Clear Seeing Place* by Brian Rutenberg. I love anything by Anne Lamont. She's a writer but it all applies.

— **Nancy A Walker Crossett**