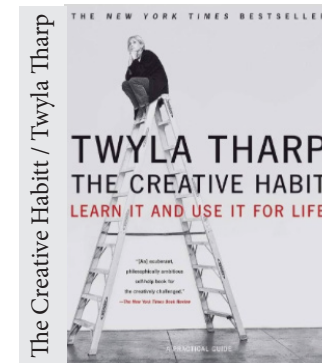
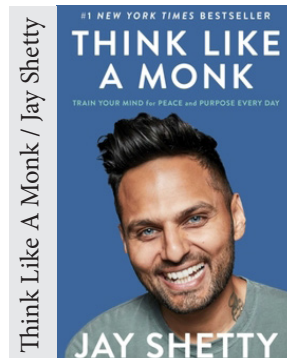
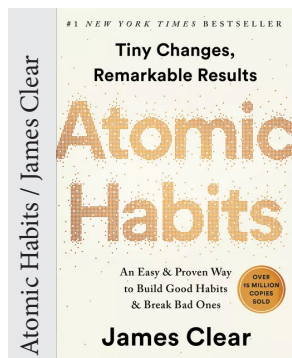


Art2Life Team Picks



Atomic Habits has helped me learn how to add and remove habits from my life. I think I marked up this book more than any other—not including my Bible.

– LORI LANG



Think Like a Monk: Train Your Mind for Peace and Purpose Every Day by Jay Shetty is probably the most influential book that I've ever read. I HIGHLY recommend it to everyone. The way Jay explains concepts and ideas that many of us haven't even really given much thought, is provoking and inspiring. It really helps you understand the impact you have on others and the world around you.

– BRANDON CATES



Twyla Tharp's *The Creative Habit* is a book I return to over and over again. Twyla's perspective on the creative habit affirms my thoughts on the importance of how I approach my art practice. She shares her experience along with a few practical exercises that I find both reassuring and inspiring.

– STACY PHILLIPS

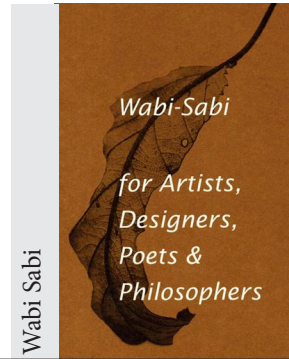
Art2Life Team Picks

Book Lovers Challenge



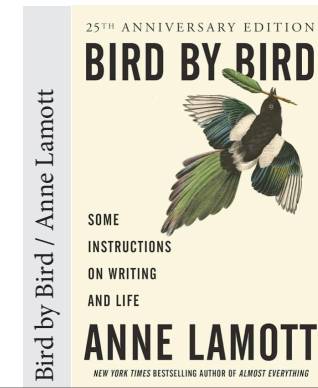
It's Not Supposed to Be This Way by Lysa Terkeurst helped me get through one of the darkest times of my life. There's something so powerful in people sharing their personal stories of life's unexpected twists and turns and the revelations and growth that came from it.

– LAURA LEE



Wabi-Sabi is a thin book with thick information, it's a meditation on imperfection—and how it's beautiful, grounding, and much needed too.

– NOAH WOODS

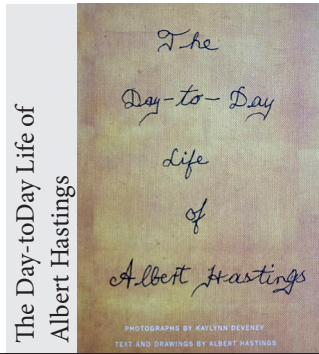


Bird by Bird by Anne Lamott is a book on the creative process and journey. It is geared towards the writer, however, writing and painting parallel so closely. Instead of words we use paint, instead of a pen we use a paint brush. I gained a lot of insight by substituting painting for writing as I read her insightful advice.

– MARJI THOMPSON

Art2Life Team Favorites

Book Lovers Challenge



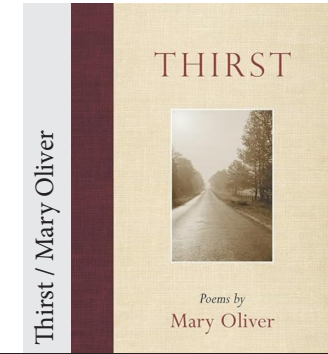
The Day-to-Day Life of Albert Hastings features photographs by Kaylynn Deveney along with text and drawings by Albert Hastings himself. It's a fascinating intimate mix of documentary photography and autobiography that ends up creating a whole new notion of perspective. This book surprised me with the level of "YES" I responded with, and as such was quite a step towards understanding my own artistic voice.

– AMY BRAKEMAN LIVEZEY



I love all my art books, some take a bit of getting through but my recommendation is accessible and easy to read. I am going for *Big Magic* by Elizabeth Gilbert. It is her personal creative journey, embracing her losses and sharing her highs but with a universal uplifting message. I read it in 2015 when I was artistically frustrated and needing guidance and it felt like magic dust landing on me. Wise words are given with gentle humour. Having enthusiastically recommended it over the years I thought I ought to re read it, so I listened to it last year on Audible and she made a good studio companion, talking positively about the relationship between creativity and fear.

– KATE RHODES

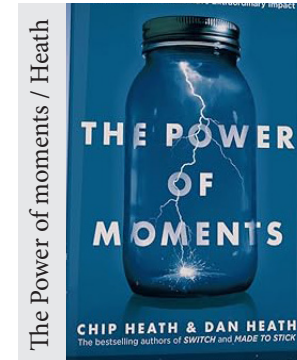
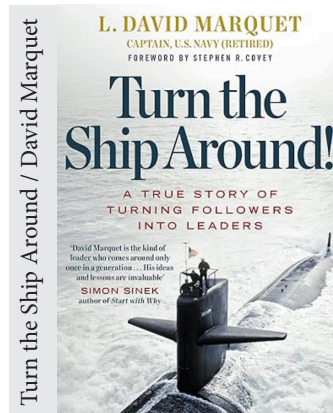
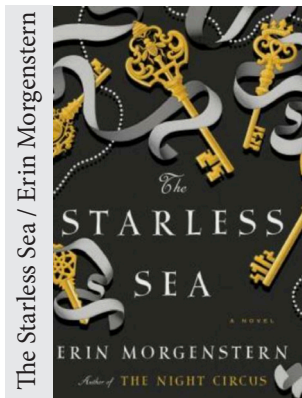


Mary Oliver's poems dig for a purity of emotion and experience with an economy of words. I liken it to the most impactful abstract art – the paintings one can hardly describe yet feel deeply. I'm greatly appreciative of someone who can give their life to this kind of solitary work, choosing and arranging words in a way that leaves me breathless.

– ANN ARTZ

Art2Life Team Picks

Book Lovers Challenge



I am still reading this book. This enchanting story has taken me on a wild journey into a magical, poetic world of beauty, grace, and wonder. I do not know where this book will leave me but I am sure it will be far, far away from where I began.

– NICHOLAS WILTON



Turn The Ship Around is one of those books I picked up, and I just couldn't put it down. It's an incredible guide to leadership and delegation that keeps on giving me fresh inspiration. Such a great read!

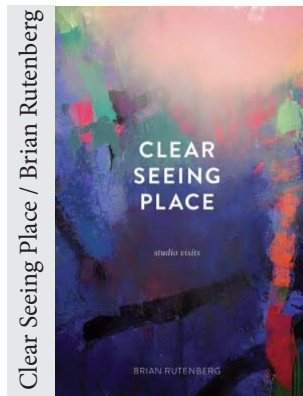
– CATHERINE BLACKHALL



The Power of Moments is a wonderful reminder to take the time to create moments and memories. It explains how powerful each moment can be, when you make the effort to create something great.

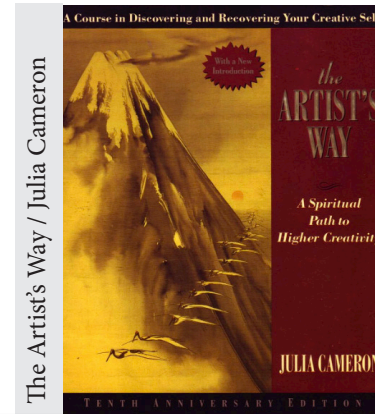
– CRYSTAL GOMEZ

Art2Life Team Picks Book Lovers Challenge



Clear Seeing Place by Brian Rutenberg is not just an extraordinary artist he is an extraordinary writer. His words flow into your mind - full of life, colour, wisdom, joy, gratitude, generosity, love ... and as you find yourself, carried along, fully absorbed by his unique story-telling about his life, art and inspiration, drawn in by his rich language, mesmerised by his words - he smacks you in the face with a healthy dose of his wonderful dry humour ... ! This is one of the few books I have read more than once and look forward to reading again.

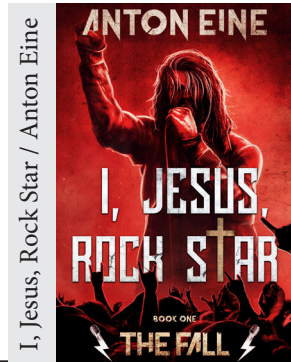
– CAROLINE MILLAR



The Artist's Way by Julia Cameron has been a cornerstone in my creative journey for nearly two decades. First coming into my life almost 20 years ago, it's a book I find myself returning to time and again, drawing fresh inspiration and insights with each read. Of all its powerful tools, the practice of Morning Pages has been the most transformative for me. These daily, stream-of-consciousness writings have not only sharpened my creative focus but also opened up a deeper understanding of myself. The book's enduring wisdom continues to shape and guide my creative endeavors, making it an invaluable companion in my ongoing exploration of creativity.

– TANYA FRASER

Art2Life Team Favorites Book Lovers Challenge



I, Jesus, Rock Star', Book 1 - The Fall. Great read for all music lovers but not only that. Anton Eine, my long time creative friend, writer, also based in Kyiv Ukraine, known for his techno-fantasy series 'Programagic' and sci-fi stories collection 'Human Kind' here dives deep into eternal questions on religion, human nature and sense of being. "The Fall" (first in upcoming trilogy) has a rock-album at it's heart - by form, where chapters are presented as Tracks, and book itself is a "Disc 1", and by content - you will literally be living this rock band life with the band members.

Dave Headstrong, lead vocal and guitar, "A singer who rebelled against God and the Church, against society and its conventions, against faith and religion. A man notorious for his eccentric delinquent antics. A walking headache for the Church, the police and lawyers the world over." - he happens to be the figure for the Son of God reincarnation on the Second Coming... (For 2000

years, you have been awaiting my second coming. And now I've come back to save humanity, it's all gone horribly wrong...)

I have never read anything like this. Still in the process of reading Ukrainian version - was presented it at the end of the year.. Anton writes in Ukrainian, and works with English native translator but he translates all band lyrics himself.

This book delves deeply into the intellect and soul – practically begging us to seek within the darkest pits of our psyches. Below the surface of rock-star glam lurk ideology, philosophy, and religion. Excellent fodder for protest lyrics...which it delivers fully too..

Book comes out tomorrow on 3rd Jan 2024 on Amazon and I'm very happy for my friend on that occasion.

–ALEX PARFONOV