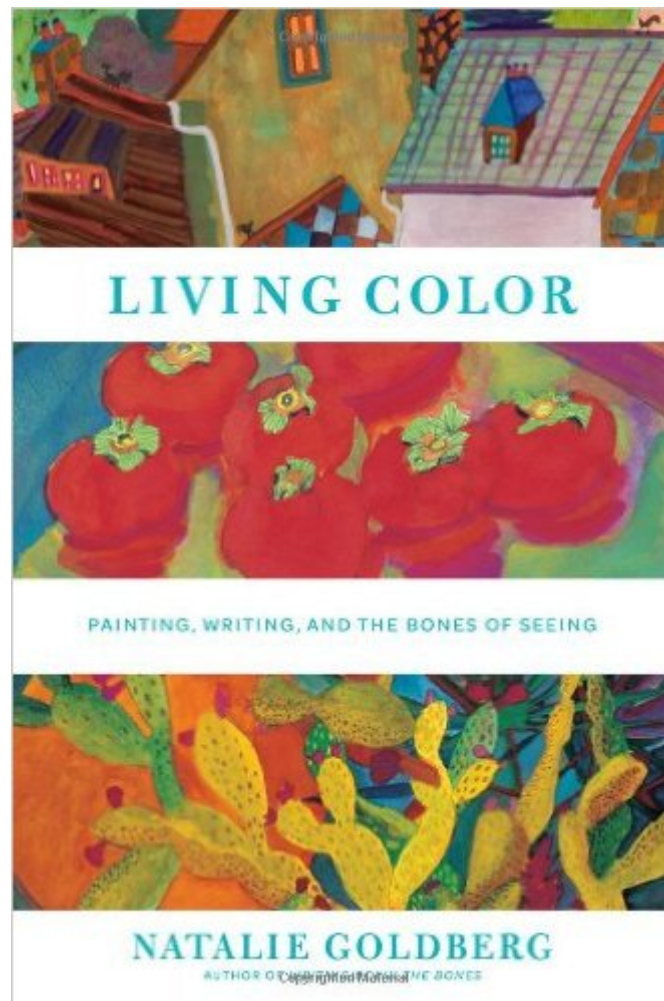


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# Living Color: Painting, Writing, And The Bones Of Seeing



## Synopsis

From fill-in art journals to self-help books on creativity, more than ever the public is striving to bring artistic enlightenment into their everyday lives. In *Living Color*, one of the country's most celebrated writers expounds on her own path to artistic inspiration. Tailored to a new generation of aspiring creatives, this revised and expanded edition pairs 13 of Goldberg's engaging and encouraging essays with 75 of her paintings and 22 never-before-shared artistic exercises. This timely re-publication will speak straight to the heart of readers everywhere who want to break down creative barriers or explore their creativity anew.

## Book Information

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## Customer Reviews

I don't know where to start... This book is filled with hope and inspiration. The truthful insight Natalie Goldberg gives on the challenges of the creative process helps me realize that artists all have the same fears. She distills the importance of art to one thing - which is our "need to express ourselves in this transient world. To stop time for a moment. To show how we see and feel before we are gone." I couldn't say it better! In this memoir, I was amazed to learn how fervently she tried to focus on writing by cutting out the "distraction" of painting until she realized how essential non-rational expression was to unlocking her creative writing energy. I have seen this time and again with my friends who can struggle with harnessing their talents and often forget how connected everything is. It is even connected to physical health, which is explained beautifully in *Art and Healing: Using Expressive Art to Heal Your Body, Mind, and Spirit*. Since Goldberg allowed herself to reconnect with painting, warm and saturated color has filled her world and subsequently, filled this book. This

new, updated book has many new paintings and a new chapter which documents her deeper explorations into abstract art. Reading this book instantly relaxes my mind and inspires me to create. I hope it has a similar effect on you!

When I read Natalie's "Writing to the Bones" it was at a time I was writing poetry and simultaneously was taking some water color classes. When I saw she had written "Living Color" I thought what a jump - from writing to painting. I sense that she would do credit to her work and I must say, I was not disappointed. She paints the way most of us would like to paint; bold, colorful and with a freedom that is refreshing. If I had seen pictures of her work without benefit of her book I probably would have scanned right over them. But she guides us through her work with her superb narrative and provides us with an understanding of her symbolism. She helps you get over the notion of perfection and encourages you to look at things through your "eye." Color, vibrancy and joy abound. Truly delightful.

I have a passion for writing and painting and found it difficult to combine these two. A few times a year I give retreats in writing or painting. This book helped immensely helped me to combine these two. And everyone can do it, you don't have to be an excellent writer or painter you just have to be passionate about it!

I own both this and the previous version they are both among my most referred to painting books. When you are in a slump or feeling blocked nothing solves it faster than having Natalie's voice in your ear encouraging you to just keep going. I love the way she links words and imagery. This is a great iteration of the original not just a reprint.

Natalie Goldberg is like the friend who tells you there is spinach in your teeth. She tells it like it is for the sake of beauty. I have read most of her books. She is funny, honest and inspiring. She could coax the mice out of the mice hole and your paintings and writings out of you.

An absolutely delightful book--the only book I haven't wanted to scribble in! I've already recommended it to several friends, most of whom already knew the author. I love the stories Goldberg "paints" and the freedom she promotes. I wish SHE had been my Art professor!!

I love the story of the authors life and how her creativity came about. The book is filled with her

inspiring art.

I found this to be a can't put it down kind of read. It will be a very "freeing" book for many artists in that it's a loose, just paint it and don't worry about the rules enjoyable ride. If you do nothing more than enjoy her color drenched art, it's worth your time and money.

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