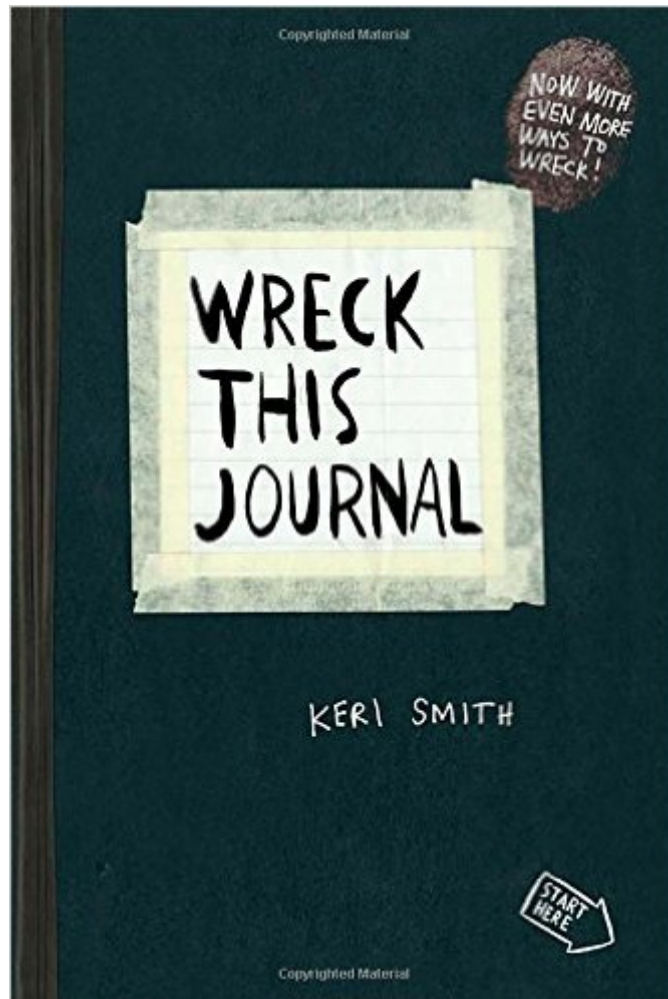


The book was found

Wreck This Journal (Black) Expanded Edition



Synopsis

The internationally bestselling phenomenon with over 7 million copies sold! Paint, poke, create, destroy, and wreck "to create a journal as unique as you are" For anyone who's ever had trouble starting, keeping, or finishing a journal or sketchbook comes this expanded edition of "Wreck This Journal," a subversive illustrated book that challenges readers to muster up their best mistake- and mess-making abilities to fill the pages of the book "or destroy them. Through a series of creative and quirky prompts, acclaimed guerilla artist Keri Smith encourages journalers to engage in destructive acts "poking holes through pages, adding photos and defacing them, painting pages with coffee, coloring outside the lines, and more" in order to experience the true creative process. With Smith's unique sensibility, readers are introduced to a new way of art- and journal-making, discovering novel ways to escape the fear of the blank page and fully engage in the creative process. To create is to destroy. Happy wrecking!

Book Information

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Best Sellers Rank: #1,747 in Books (See Top 100 in Books) #1 in " Books > Crafts, Hobbies & Home > Crafts & Hobbies > Reference #2 in " Books > Self-Help > Journal Writing #22 in " Books > Self-Help > Creativity

Customer Reviews

When this journal arrived, my heart sank when I saw there was a tiny tear on the bottom of the spine. My first reaction was to contact and have them ship me a brand new copy. Then I came to my senses; the whole purpose of the journal *was* to wreck it, and in light of what I was going to do to it, a tiny tear would be the least of its worries. You see, I made a promise to myself: Follow the instructions and wreck the journal, no matter what my better judgment told me. It took a few days to get started. In fact, I spent those first few days grieving over what I had to do to the journal (yes, I started by reading through some of the instructions). When it comes to my books and journals, I'm a

perfectionist and *damaging* any of them makes me uneasy. Even the sight of someone else damaging a book makes me uneasy. But, when I finally let loose and did one of the tasks in the book, suddenly it didn't seem so bad. (Plus, it helped that I started with such an innocuous task -- sticking a sticker from bought fruit on a page.) Before long, I was flinging the book at the walls, ripping pages, drawing with glue, showering with it, and a bunch of other interesting (yet highly suspect) activities. At the end of the day, my family members may think I'm a little nuts for buying a journal I would eventually destroy, however, it's incredibly fun, liberating, and therapeutic. Enough so that I enlisted the aid of a Starbucks barista for my recent experiment (and I think he liked it too). Truth be told, it exceeded my expectations. Usually, I'm not a guided-journal girl, but Kerri somehow transformed what could be a boring task into something amazing. Kudos to her for it. (Between you and me, I'm strongly contemplating getting one just for my journal collection. It's *that* good.)

To begin I have already purchased three copies of this book in less than a month. The first was for myself the second two were gifts. I think this book is great for all ages and varying personality types (i.e. artsy, uptight, "no good at stuff like that", wild, vibrant, timid... ANYONE) I have always enjoyed doing creative things... this book has really shown me that I have been restricting myself and has pushed me out of my regular comfort zone. Sensory barriers have been tested for sure, which has not been an altogether unpleasant experience. I was definitely surprised by that! There is a limit to the growth that can happen in your safe, clean and cozy cocoon! Even though there are some kind of disgusting things going on in my journal... it keeps getting more and more pleasant aroma as different ingredients go into it. I also really enjoy how what you do with one page can literally spill over and effect other pages. I have been in this book every day since I got it, more than once a day. I will see something or think of something and say ooh I gotta grab the journal. Although I am working on the prompts in random order (or course) I found it helpful to skim through the "instructions" once through before I did anything else. It's really quite an experience and hopefully you learn things here that can open you up creatively or just breaking any perfectionist tendencies you may suffer. This is either the best or worst thing for OCD-types!!! Maybe the best and worst thing! Like I said, I think there is something to be found in this book/experience for absolutely anyone. **WARNINGS:** This book may be seriously addictive to some users. It is likely to deter your attention from other things you "should" be doing and even make more work for you than the work that you are ignoring while do just a little more wrecking. You will make a mess of this book. You will make a mess of yourself, your home, your clothes, etc. etc. If people do not already consider

you crazy, they will after they see you working on the wreckage mission. Possible reactions include acting out of normal character, experiencing delight and pride, needing to wash your hands every time you touch the journal, rash and unpredictable actions and results. You could also become dizzy if you breathe too heavy with the glue and any chemical substances used in the wrecking of this book. You may be compelled to buy multiple copies of the book to share with family and friends. This book could actually change your life, I know it has mine. You may see things different in the world and notice art possibilities and inspiration all around you. In conclusion... The paper does not taste good. You may find a blowdryer handy, on either the hot or cool settings. If you cannot figure out where to begin, I highly recommend the coffee page and or cracking the spine. Both very helpful for those used to taking good care of books. I would love to share some pics of my journal however, it's presently tied up in the bathroom sink. Perhaps another time!

I received this book less than 24 hours ago, and so far it has been a blast! I battled cancer last year, and was given dozens (literally) of pretty blank journals. I didn't open any of them. I didn't want to write about cancer and process about cancer. I wanted to KILL CANCER and demolish any and all cancer-related merchandise. This journal is so cathartic. It doesn't take itself too seriously but allows for rage, anger, fear, despair, and all kinds of other messy emotions. Plus, I finally found a use for all the stickers I have laying around in drawers and cabinets. It is sad that we live in a society in which some of us need "permission" to cut, tear, mutilate, and destroy things in an effort to purge nastiness from our heads. But -- since we do, I'm glad this book is out there.

I bought this four-pack after having used up one "Wreck This Journal." I thought there would be more fun and entertaining exercises in them. But although the covers all look different, the content is EXACTLY the same inside all four of them. This was HUGELY disappointing.

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