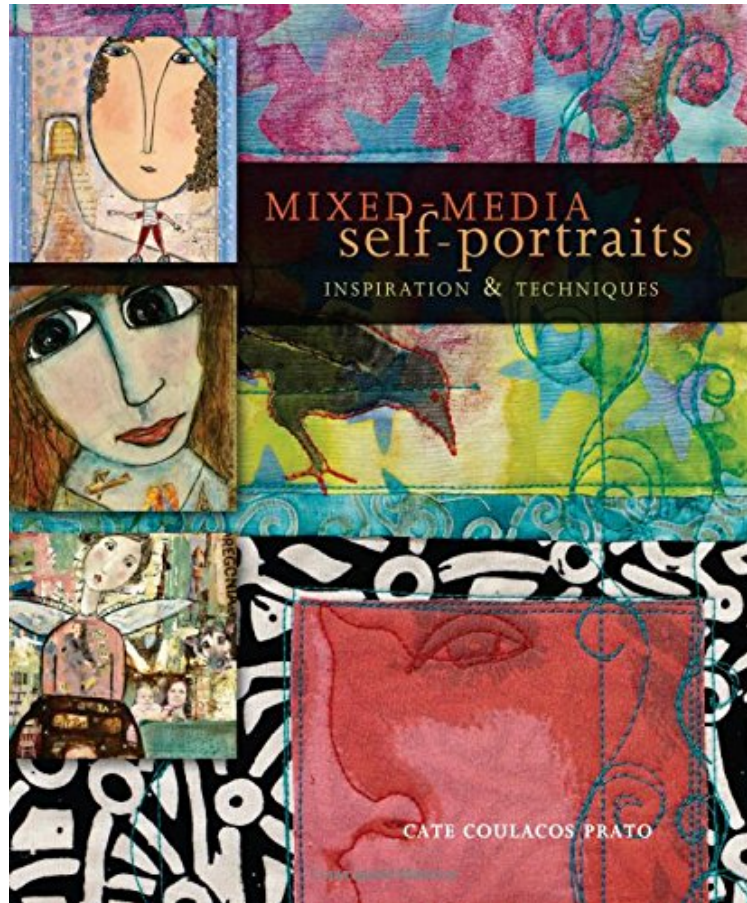


(Free read ebook) Mixed-Media Self-Portraits

## Mixed-Media Self-Portraits

*Cate Coulacos Prato*

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**Cate Coulacos Prato : Mixed-Media Self-Portraits** before purchasing it in order to gage whether or not it would be worth my time, and all praised Mixed-Media Self-Portraits:

18 of 18 people found the following review helpful. An incredible vehicle into self-discovery! By E. Franz When I saw this book was due out in mid September, I jumped on the opportunity to order one. I am a doll artist, very interested at the current time in delving into my persona and pulling interesting elements about myself out and transferring those into images which I can use to create a piece of art. What is more interesting than ourselves? This book should be considered a self portrait bible of sorts. It's amazing! The book starts out discussing a little bit of history of self portraits and why they are important for each artist to do. The book is written in a very fun, and easy to decipher way- it's not like reading an art history book. Quite the opposite, the book is very entertaining to read with many illustrations, photos and examples of work to inspire the reader. It's filled with lovely images, incredible color and a fun layout. Chapter 2 gives exercises such as using color to describe your personality, a "Who lives here?" quiz, a quick drawing lesson on the scale of anatomy in relation to drawing the human body and many exercises with instructions to do self portraits with specific themes. This to me is wonderful, because she gives you the instructions

with just enough information to allow you total freedom to make each one of these self portraits a true work of art. There is also a section on how to generate ideas. Many projects are 'led' by well known mixed media artists such as Kelly Rae Roberts, the Artgirlz and Loretta Benedetto Marvel among many others. The self portrait projects are so diverse, ranging from digital photo alteration, to fabric, to art dolls, to caricature, to art books, to masks, assemblage and so much more. It's truly a plethora of inspiration and will reach virtually any type of artist out there. What is so wonderful about this book in addition to the actual self portrait art projects is the way the book promotes self acceptance, self-love and art therapy through the creative process. I absolutely love this book. If there was one additional thing I'd get to rescue out of a burning building besides personal photos, etc, it would be this fabulous book. Don't hesitate a moment longer. Click on 'add to cart' now so you can have this great book in your hands within a week. I assure you, you will not regret it. In no time, you will be itching to start a self portrait!

26 of 26 people found the following review helpful. I Love This Book! By Tuscanyblue I pre-ordered Mixed-Media Self-Portraits and was thrilled when it finally arrived. It was worth waiting for and everything I hoped it would be. I'm a mixed-media artist and have been wanting to do some self-portraits for a long while but didn't know where or how to start. The title says exactly what the book is about: inspiration and techniques. Just thumbing through the pages makes you want to jump right in and create your own self-portrait. There is a whole chapter just on drawing eyes! But first you are shown amazing self-portraits other artists have done. Next are warm up exercises to get you in the mood. Finally, hands on instructions for creating your own self-portraits. If you need inspiration to get you started, this is the book for you.

6 of 6 people found the following review helpful. Inspiration, Techniques Invaluable Insight to the Soul! By Christy Hydeck Hands-down, not a doubt left in my mind - this is my favorite new mixed-media release in the last few years. The topic is ingenious - and one that was never truly explored, until now. Cate Coulacos Prato did an amazing job with this brilliant book - with a wide range of diverse contributors, projects and creative exercises - even the biggest skeptic will be lured into creating their own self-portrait. Though I was a part of this book - I didn't truly know what to expect until it arrived; and once it did, I even shocked myself by reading it cover to cover. Mixed Media Self Portraits redefines self-portraits as an art form, as a healing tool, and as an invaluable creative journey. If self portraits intimidate you (as they did me)- this will help ease your fears and if nothing else - the techniques so generously shared can be applied to other genres. The exercises and prompts are all presented in an easy to read form, and cover to cover the book is pure eye candy. The folks in my life, who don't get 'mixed-media' were even impressed and inspired to begin their own creative ventures. Perhaps, one of the greatest assets within these pages is the glimpse into each contributor's soul. Touching stories, humorous takes, inspirational and fresh viewpoints are found in the projects. With illustration, collage, assemblage, art dolls, fiber arts, handmade books, journaling, masks more.. There is a project for any creative soul here. Buy it, try it - you won't be disappointed! There's not another book like it.

Featuring artwork from a wide range of contributors, this resource explores creative self-portraits through fun and easy exercises and essays that instruct and inspire artists working in all media. Examples of collage, fiber arts, and mixed-media artwork offer visual inspiration while essays throughout the book act as a guide to personal and artistic self-discovery. Step-by-step techniques and creative prompts are used to direct artists through different approaches to creating self-portraits while exercises utilizing collage, drawing, photography, and stitching will jump-start the creative process and get ideas flowing on paper and fabric, encouraging artists to express themselves in new ways.