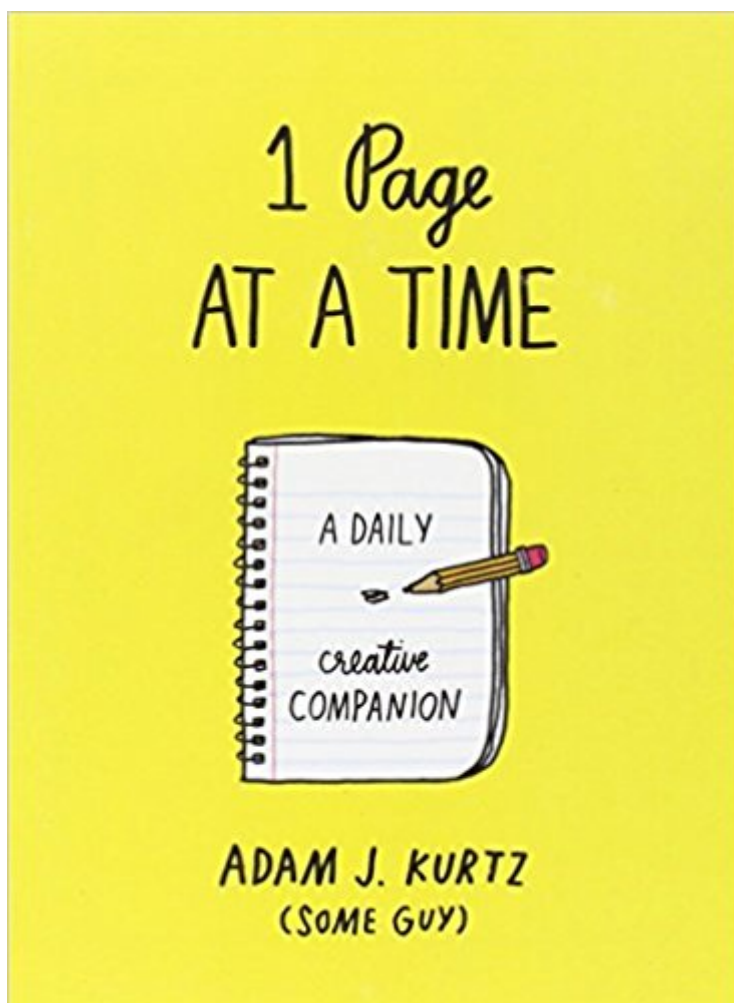


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# 1 Page At A Time: A Daily Creative Companion



## Synopsis

Every day is a chance to create something new for yourself. Put down your phone and pick up a pencil. Give yourself some space. The Internet will still be there. Start with one page at a time, and you'll be surprised at just how much you can create. Each of the 365 prompts in *1 Page at a Time* will encourage you to draw, write, list, reflect, and share. It's a journal, scrapbook & anything else. This book is your new best friend. It's whatever you say it is. Slowly fill the book and by the time it's done, you'll have a perfect keepsake of the year you made it through. Over 100,000 copies sold! Now available in red, blue, and yellow covers. **\*\*\*** *THINGS ARE WHAT YOU MAKE OF THEM: Life Advice For Creatives* - Insights and inspiration for anyone who makes art (or anything else), from the popular author of *1 Page at a Time* and *Pick Me Up*. Available October 2017.

## Book Information

Paperback: 384 pages

Publisher: TarcherPerigee; Csm edition (October 7, 2014)

Language: English

ISBN-10: 0399167358

ISBN-13: 978-0399167355

Product Dimensions: 5.5 x 1 x 7.5 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 151 customer reviews

Best Sellers Rank: #35,908 in Books (See Top 100 in Books) #7 in Books > Arts & Photography > Other Media > Conceptual #76 in Books > Health, Fitness & Dieting > Psychology & Counseling > Creativity & Genius #181 in Books > Self-Help > Creativity

## Customer Reviews

Full of whimsy, wit, and cute doodles, *1 Page at a Time* is the perfect inspirational tool, journal, and way to get to know yourself better. - *Powell's Staff Pick* The hefty creative journal is a product of Kurtz's bold perspective on human emotion in our contemporary world. *1 Page at a Time* ensures that you'll find encouragement, entertainment and inspiration in its pages. - *HOW Magazine* Perfectly silly, thought-provoking, and uplifting. - *BuzzFeed* A funny and conversational take on the process of working that is a must for any creative. - *Urban Outfitters Blog* Life is stressful; welcome to adulthood. When that work project becomes too much, when that argument blows up in your face, or when you're just feeling blue and need a

serious dose of inspiration -- Adam to the rescue. This page-a-day journal creatively stimulates you through 365 prompts, from list-making to doodles, that will be a serious stress reliever when you need it. -Â Bustle

A tough year became the inspiration for 1 Page at a Time. It's an introspective journal with a sense of humor, at times sarcastic, optimistic and anxious, with small notes and reminders tucked in. But it's not me, it's you - pushing you to really think about who you are right now and what you want to be. It's a slow climb in a fast internet world, and proof that you're going to (literally) make it through the year, even if that feels impossible now. The best part about this book is that though it's a solo journey, the hashtag in the book connects you to thousands of other people all around the world (it's been published in several languages now). You might find a penpal, or you might just realize that we're all facing our individual challenges together.

For the first half of Adam's life, I was the source of much unsolicited advice. But since then, he has worked hard to produce his art and his ideas to share with everyone. His hard work, determination and friendliness have created an environment of understanding, creativity, empathy and motivation. It may be only paper, but once completed, it will become a powerful tool for you to see where you have been and where you want to grow. His book is a credit to him and his honesty and compassion for others. But, if he makes fun of me, cut me some slack....signed, Adam's Mom (nope, I don't get any royalties)

I think I've literally purchased about ten of these for myself and those around me so that in itself speaks to how incredible this book is. As an independent artist who has struggled with finding her place in the world, Adam's various products have proved invaluable to me. I'm not sure how I first came about his work, but my first experience with Adam J. Kurtz was this journal. Though I didn't manage to finish my first time through in a year, this journal really made me look into myself and at the world around me with a new perspective. Don't get me wrong. This isn't some sort of daily devotional filled with prompts to make you write paragraphs upon paragraphs of how you aim to be a better person, though you may find that something in this book spurs you to do so anyway. Every page in this book feels like a text from a friend. Sometimes the prompts are silly, sometimes they're open-ended, sometimes they hit something deeper than you expected to reach in a little creative journal like this. No matter what the prompt is, it will be something that you can do in your own way

that may spark something more from you or just be a nice activity for your day. I've given copies of this to my friends, co-workers, and family, and they all love it. Whether you consider yourself a "creative type" or not, each page of this book is a great addition to your day.

This book is so fun and it even makes fun of itself. It makes creativity less intimidating, instead of staring at a blank page this gives you directions to make stuff that doesn't make such a big deal about itself: "1. Draw a beautiful frame. 2. Put nothing in it. 3. good Job." It's great! The frame is enough. It also has a bunch of inspiring witty thoughts too. I love it. It was a gift for someone but I love it and I'm selfish. I'll have to get another.

I really like this journal! I collect journals and have so many and this is definitely one of my favorites. It is a very thick journal which I didn't expect and a lot of pages! When I feel down I grab this one and it helps me relax!

Wasn't quite what I expected, but am pleased with the book. A creative way to Journal or keep a diary. Makes one think a bit. Thanks Adam!!

Such a fun book! Great for getting out of your rut and looking at the world and yourself in a different light. I wanted a journal that wasn't just written prompts, and this was a perfect combination of pushing myself and fun pages that just make you laugh or encourage you to be silly. I have become a big fan of Adam J. Kurtz since page 1 of this book, and wish I could experience this book for the first time over and over. A+ would recommend!

What a wonderful book this is! I've been having so much fun everyday, sometimes more than one page at a time. I guess I would have to buy another copy soon. Great for freeing imagination, memories as well as ideas. Thank you so much for this.

What started as a personal daily exploration turned into me sharing posts with friends and family and having them provide responses on themselves, and in some cases what they would respond to in reflection of me. I can't recommend this creative journal enough! It's serious, lighthearted, funny and entertaining all around!! I can't wait for more to come out from Adam.

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