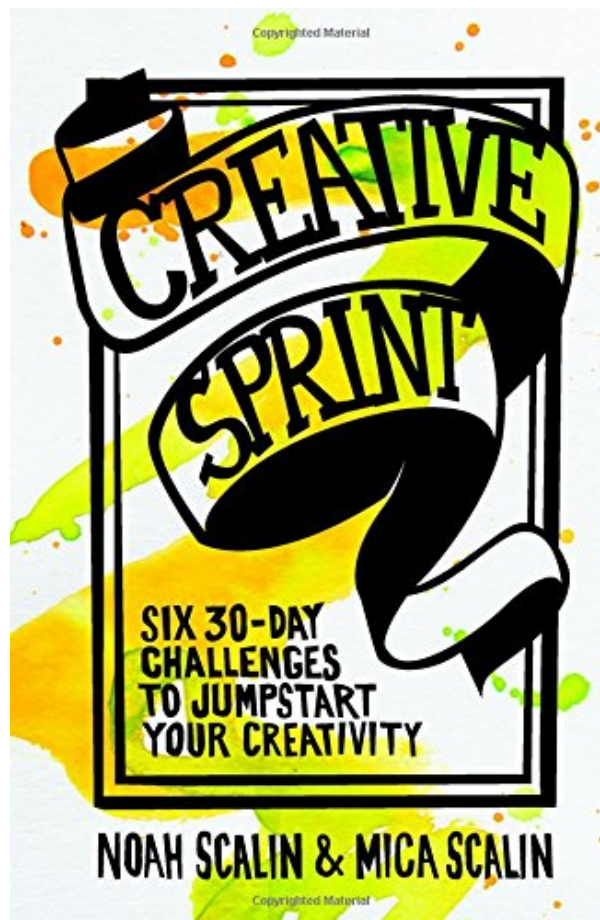
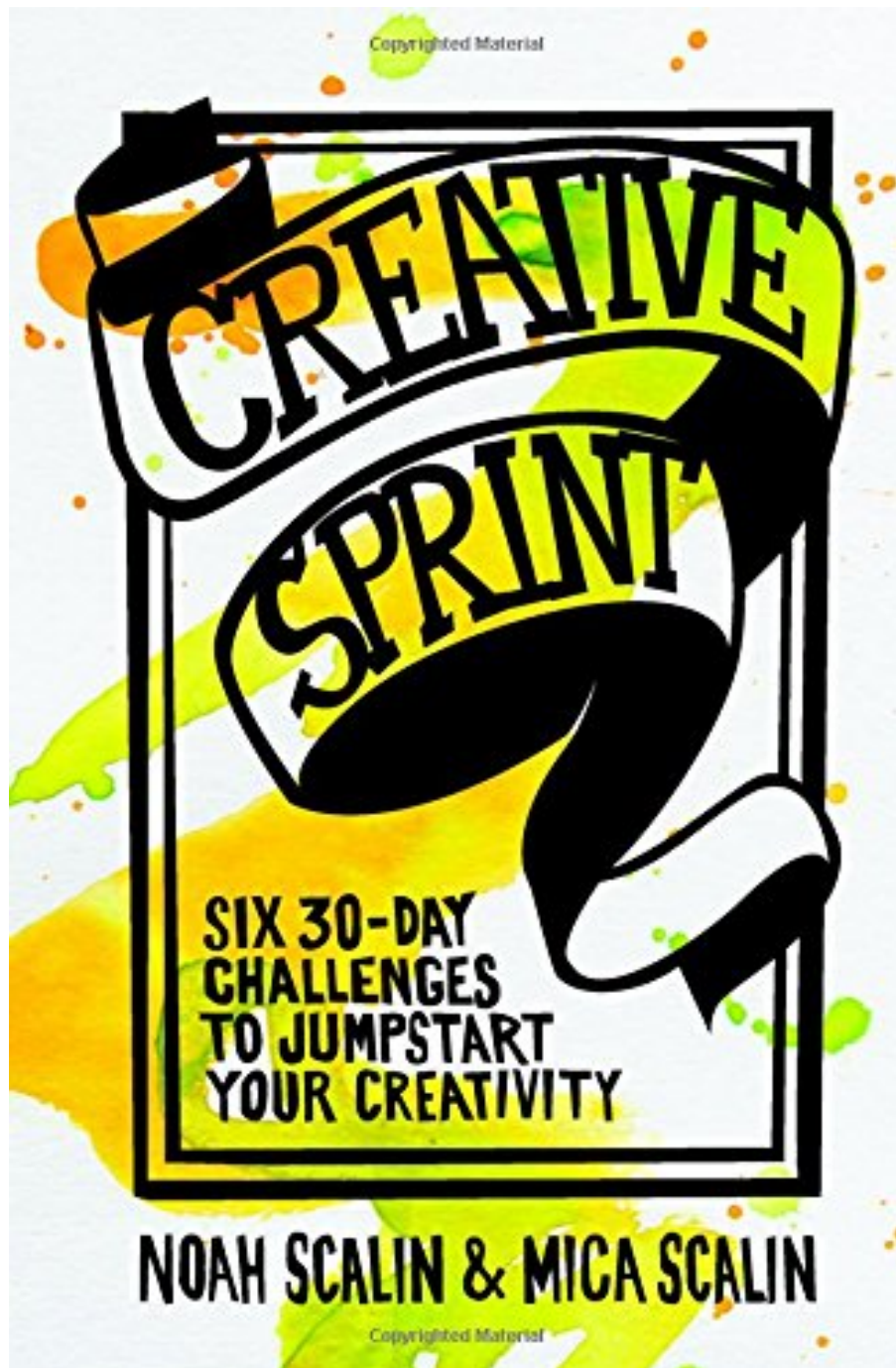


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About the Author

Noah Scalin is a co-founder of Another Limited Rebellion, an art and innovation consultancy that develops creative potential in individuals, organizations, and communities. He is also the creator of the Webby Award winning Skull-A-Day project and the first artist-in-residence at the Virginia Commonwealth University School of Business. Noah is the author of five previous books on design and creativity and has traveled the world bringing his message of creative potential and design activism to everyone from incarcerated teenagers to Fortune 500 executives.

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Challenge yourself to a new type of exercise with Creative Sprint!

This interactive workbook is filled with 30-day challenges designed to build your creative muscles. Follow along with prompts to get you drawing, journaling, taking photos, and making collages - doing anything creative that you choose to do!

Each sprint has a theme, like Think Small, Work with the Unexpected, and Embrace Limitations. Throughout the book you'll find features focused on fellow sprinters, as well as inspirational quotes, and every sprint ends with a recap that encourages reflection.

How you use the book is up to you! Complete sprint after sprint, channeling your creativity into new challenges. Or pick up the book every couple of months if you feel like you need a jolt of motivation!

- Sales Rank: #382585 in Books
- Published on: 2017-04-01
- Original language: English
- Dimensions: 9.12" h x .75" w x 6.25" l, .0 pounds
- Binding: Flexibound
- 224 pages

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Most helpful customer reviews

4 of 4 people found the following review helpful.

I can tell you that daily life stuff like planning dinner

By Moulin Rouge

Most folks think that creatives live and think creatively all the time. As a creative, I can tell you that daily life stuff like planning dinner, cleaning the bathroom, walking the dog tend to take you out of that lovely space where so many magical things happen. So it only makes sense that as a creative, we should counter the daily grind with a daily creative practice to get us back into the game.

What's beautiful about this book, is that the daily practice can be as little as 5 minutes, and as long as you want. It's wide open to any art - any media - any voice. No judging yourself - just do the art. Then reflect - not on the piece, necessarily, but on the process. It's very like Thomas Groome's "Praxis-Reflection" method for education, especially if the daily creative practice is performed together in a community. Imagine a class of any kind doing this together for the first five minutes, then reflecting for five minutes. Imagine how engaged your students would be!

I've practiced the month-long Creative Sprint online - but with this book, I can take it with me, do it whenever I want, even lengthen it because the book provides six, 30-day sprints back-to-back. And like a journal, it provides space for reflection either with words or with images.

I can't say enough good things about this book - for creatives and for those who need an edge in the business world. Creative Sprint is a moment you give yourself that gives back to your team and to your clients. I highly recommend it!

2 of 2 people found the following review helpful.

Grow Your Art!

By Annie Fitt

Whether you are a professional artist or just picking up a pencil for the first time this is a wonderful book. I just started my second round through the #creativesprint process, and, boy, is it a great tool to release your creativity. I don't always like each assignment, but find that just going with it forces me to expand my comfort zone. One of the best things about the Sprint is each assignment is a manageable task. You can put as much or as little into each one as you please, but you will be astonished at how much doing a little task each day will stretch your abilities and creativity.

1 of 1 people found the following review helpful.

Creativity for Everyone

By Laverne

This book is a great resource for anyone wishing to make a change in their life. Sprinting daily for 30+ days helped me to creatively focus on being more tuned in to other people in need around me. The six different types of sprints in the book can be used to help focus in on one theme or just let your creativity flow where it will or may daily. Those that will most benefit from this book and its suggestions are those who may think that they are not creative at all. "It is structured to help you not only develop your creativity, but also to learn a strategy for problem solving that can be applied in different circumstances"(p. 10). This is a great interactive book for artists, business people, students and anyone needing inspiration.

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