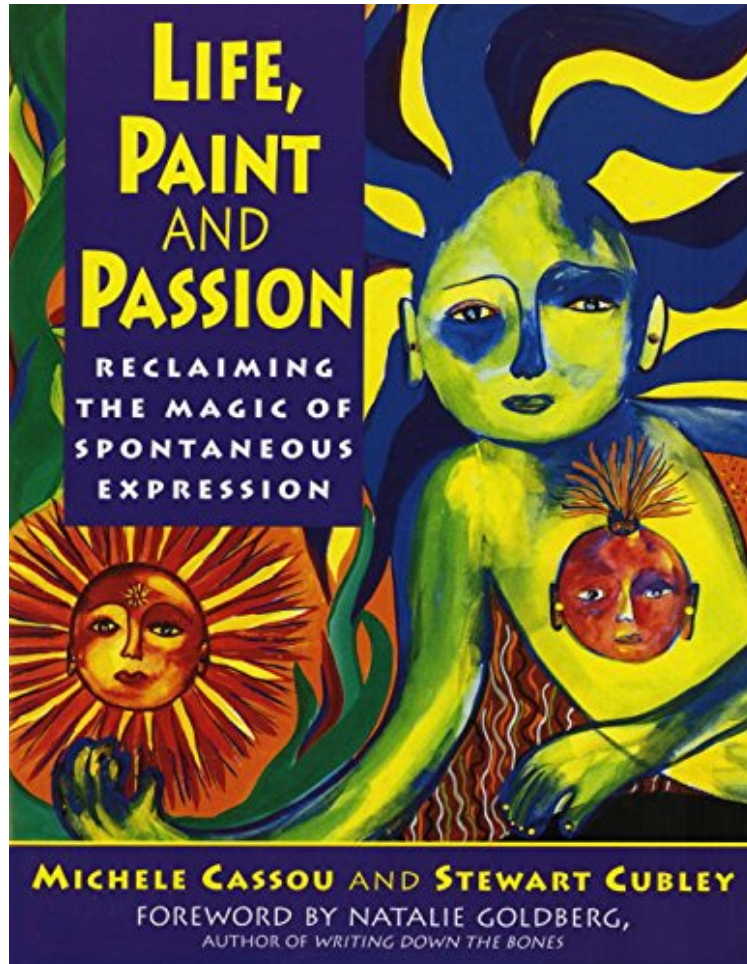


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Life, Paint and Passion: Reclaiming the Magic of Spontaneous

Michele Cassou, Stewart Cubley
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Michele Cassou, Stewart Cubley : Life, Paint and Passion: Reclaiming the Magic of Spontaneous before purchasing it in order to gauge whether or not it would be worth my time, and all praised Life, Paint and Passion: Reclaiming the Magic of Spontaneous:

13 of 13 people found the following review helpful. Superb Guide to Igniting Your Creative Spark By J. J. Kahn I've never been drawn to the concept of "process painting" before. It just seemed too simplistic as ordinarily presented. But Michele Cassou's ideas - based on decades of hard-won experience - about what encourages the creative flow and what constricts it are profoundly illuminating, detailed and sophisticated. And her sparkling observations are presented in the most enjoyably simple and down-to-earth way imaginable, to boot! For the most part, each chapter begins with an observation about what creates a block to creativity and what releases it. It then continues on with a vignette from an interaction Michele has had with a student during one of her workshops in which she helps the student release the sort of block just discussed. Her solutions always involve having students ask themselves a question specific to the block

they're encountering. For instance, if a student feels all dried up and as if she simply has no inspiration for a painting, and then bursts out, "It's so childish!," Michele will ask her to question herself: "What would I paint if it didn't matter how childish it was?" Quite simple and direct. And Michele's questions work with the precision of a scalpel in releasing constricted creative energy. Through these vignettes, Michele reveals numerous presuppositions, both conscious and unconscious, that we hold about what we're allowed to feel and to do, and how they strangle our creative flow. Even more important, she reveals the way out of each of these strangleholds. This is not just for painters; it's for anyone who feels they've encountered significant creative blocking or who would like to encounter their own creative core. This book is simple but far from simplistic, and altogether delightful!

0 of 0 people found the following review helpful. I LOVE THIS BOOK
By movie lover I LOVE THIS BOOK! it's about self expression....it's about painting as process not product....being intuitive and playful and not thinking much about the paint, but opening to the subconscious and letting it be expressed in the work/play. Letting the art be the experience itself of paint and brush on paper or canvas. Its very inspiring, well written, and with print I can read (thank you!)

2 of 2 people found the following review helpful. new ways of relating to art and life
By Kerima Furniss I am thoroughly enjoying this book. It reads more like a meditation or poetry and I took it on vacation and just started writing into the margins, often simply repeating words that spoke to me, and drawing or doodling in response. The book has plenty of white areas perfect for that. I have never allowed myself to do that, but the book seemed to invite it. I love the choices of words and their exuberance. This is not an instruction book as much as dreaming into new ways of relating to art and life.

Life, Paint And Passion is a deeply involving approach to using the creative process as a tool for self-discovery. With vibrant and contagious enthusiasm, the authors liberate the reader's urge to create freely and spontaneously, as a painter or an artist in another medium, purely for the process of exploration, not for result. With eloquence and simplicity, the authors encourage the reader to journey inward toward his or her authentic self and discover the unique intuition awaiting there. It is this intuition that provides all the tools the reader needs to crumble the barrier between the innermost self and its uncensored manifestation. Through lively interviews with students, the authors explore painting as a practice that facilitates the ecstasy of unfettered expression. With simple brushes, a few dishes of paint, and this book, the reader will be able to coax the hidden self out of the heart and onto a paper. Life, Paint And Passion is the result of nearly thirty years of intensive work with the painting process. It provides powerful insights into the act of creation, a solid base for facing and transcending creative blocks, and brings fresh perceptions and healing to life.

About the Author Michele Cassou was born and raised in southern France. As a young adult she moved to Paris where she studied law, literature, and art. Inspired by watching children paint, she discovered a way to express herself spontaneously and without need for conventional training. By her early twenties painting had become her fulltime passion. A unique approach to creativity grew out of her many years of "just painting for herself" and her intense desire to share her work led her to work with other people and to lead groups in the creative process. In 1976 she founded the Painting Experience Studio in San Francisco where she has touched many people's lives through ongoing classes and workshops, as well as in centers throughout the United States. She continues to paint and teach in the San Francisco Bay area.