

The Art of Getting Started

By Lee Crutchley



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The ideal companion for all creative minds - The Art of Getting Started is the long missing piece of the creative puzzle. As a self-professed procrastinator, illustrator Lee Crutchley knows the 'first blank page' all too well and has used his expertise to devise a unique variety of impulsive habits to kick start the brain. Through a series of hand-written tasks and challenges Lee leads the reader through a range of lively prompts to shift the perspective and get those creative juices flowing again in new and surprising ways.

Quick fire questions encourage impulsive decisions, tapping instantly into creative instincts, learning the best way to engage the mind into getting that all important start. Be prepared to write, draw, cook and explore as this stimulating, witty and hands-on guide takes readers to inspirational heights and as a capable right-hand-man, it will be tough to be without it. Taking 'back to basics' to a new level, Crutchley wants readers to immerse themselves, creativity in its purest form. In answer to the procrastination nation is a new technique, and creative method: The Art of Getting Started.

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Editorial Review

Review

"The verve and charm of Crutchley's illustrations generally come to the rescue - even when he's suggesting that you dance or practice speaking in a foreign accent." - Design Week

"This simple little book is strangely addictive. There's a brilliant injection of humour to these fun and useful exercises, making this book a thoroughly enjoyable, not to mention helpful, resource." - Creative Bloq

"The simple but helpful guidebook contains enjoyable hands-on activities and inspirational quotes and tips, to get your creative juices flowing." - Design TAXI

From the Back Cover

If you're feeling stuck, help is on the way. In this creative and hands-on guide, illustrator Lee Crutchley presents fun and empowering ways to get those creative juices flowing. Whether it's perfectionism, procrastination, or plain old fear that's holding you back, get ready to get inspired.

About the Author

Lee Crutchley is an illustrator, blogger, and author whose first book, Quoteskine, has been called "Awesome," "Crap," "Inspirational," "Disrespectful," "Crammed full of wit," "Amazeballs," "Kind of like Banksy with a sketchbook and some Sharpies," and more. He lives in Staffordshire, England.

Users Review

From reader reviews:

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Kathleen Carroll:

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