

Daily Rituals Woman Artists At Work

Grievors adrienne maree brown.2021-09-07 Grievors is the story of a city so plagued by grief that it can no longer function. Dune's mother is patient zero of a mysterious illness that stops people in their tracks—in mid-sentence, mid-action, mid-life—casting them into a nonresponsive state from which no one recovers. Dune must navigate poverty and the loss of her mother as Detroit's hospitals, morgues, and graveyards begin to overflow. As the quarantined city slowly empties of life, she investigates what caused the plague, and what might end it, following in the footsteps of her late researcher father, who has a physical model of Detroit's history and losses set up in their basement. She dusts it off and begins tracking the sick and dying, discovering patterns, finding comrades in curiosity, conspiracies for the fertile ground of the city, and the unexpected magic that emerges when the debt of grief is cleared.

Great Women Artists Phaidon Editors.2019-10-02 Five centuries of fascinating female creativity presented in more than 400 compelling artworks and one comprehensive volume The most extensive fully illustrated book of women artists ever published, *Great Women Artists* reflects an era where art made by women is more prominent than ever. In museums, galleries, and the art market, previously overlooked female artists, past and present, are now gaining recognition and value. Featuring more than 400 artists from more than 50 countries and spanning 500 years of creativity, each artist is represented here by a key artwork and short text. This essential volume reveals a parallel yet equally engaging history of art for an age that champions a greater diversity of voices. Real changes are upon us, and today one can reel off the names of a number of first-rate women artists. Nevertheless, women are just getting started.—The New Yorker

The Artist's Way Julia Cameron.1995 With this book you can discover how to unlock your latent creativity and make your dreams a reality. It provides a 12-week course that guides you through the process of recovering your creative self.

Unwinding Anxiety Judson Brewer.2022-08-30 New York Times and Wall Street Journal bestseller A step-by-step plan clinically proven to break the cycle of worry and fear that drives anxiety and addictive habits We are living through one of the most anxious periods any of us can remember. Whether facing issues as public as a pandemic or as personal as having kids at home and fighting the urge to reach for the wine bottle every night, we are feeling overwhelmed and out of control. But in this timely book, Judson Brewer explains how to uproot anxiety at its source using brain-based techniques and small hacks accessible to anyone. We think of anxiety as everything from mild unease to full-blown panic. But it's also what drives the addictive behaviors and bad habits we use to cope (e.g. stress eating, procrastination, doom scrolling and social media). Plus, anxiety lives in a part of the brain that resists rational thought. So we get stuck in anxiety habit loops that we can't think our way out of or use willpower to overcome. Dr. Brewer teaches us to map our brains to discover our triggers, defuse them with the simple but powerful practice of curiosity, and to train our brains using mindfulness and other practices that his lab has proven can work. Distilling more than 20 years of research and hands-on work with thousands of patients, including Olympic athletes and coaches, and leaders in government and business, Dr. Brewer has created a clear, solution-oriented program that anyone can use to feel better - no matter how anxious they feel.

Practicing the Presence of the Goddess Barbara Ardinger.2011-12-21 More women than ever are incorporating some kind of spiritual practice into their daily lives, and not always in traditional religious form, but as alternative or hybrid practices. In *Practicing the Presence of the Goddess*, Barbara Ardinger offers a wide variety of meditations and personal rituals to help women honor the feminine spirit and commune with the Goddess. These include creating a sacred space at home, building a meaningful altar, using ritual and meditation to enrich awareness, and inventing new rituals to celebrate personal events. The author's wry, gentle humor and loving attitude shine through the text, which offers possibilities ranging from bringing love into one's life to having a heart-to-heart with the Goddess.

The Artist's Way Morning Pages Journal Julia Cameron.2016-11-08 Elegantly repackaged, *The Morning Pages Journal* is one of *The Artist's Way's* most effective tools for cultivating creativity, personal growth, and change. Now more compact and featuring spiral binding to make for easier use, these Morning Pages invite you to do three pages daily of longhand writing, strictly stream-of-consciousness, which provoke, clarify, comfort, cajole, prioritize, and synchronize the day at hand. This daily writing, coupled with the twelve-week program outlined in *The Artist's Way*, will help you discover and recover your personal creativity, artistic confidence, and productivity. *The Artist's Way Morning Pages Journal* includes an introduction by Julia Cameron, complete instructions on how to use the Morning Pages and benefit fully from their daily use, and inspiring quotations that will guide you through the process.

The Artist's Way Julia Cameron.2020-04-02 'A really good starting point to discover what lights you up' - Emma Gannon 'Unlock your inner creativity and ease your anxiety' Daily Telegraph THE MULTI-MILLION-COPY WORLDWIDE BESTSELLER Since its first publication, *The Artist's Way* has inspired the genius of Elizabeth Gilbert, Tim Ferriss, Reese Witherspoon, Kerry Washington and millions of readers to embark on a creative journey and find a deeper connection to process and purpose. Julia Cameron guides readers in uncovering problems and pressure points that may be restricting their creative flow and offers techniques to open up opportunities for growth and self-discovery. A revolutionary programme for personal renewal, *The Artist's Way* will help get you back on track, rediscover your passions, and take the steps you need to change your life. 'Each time I've learned something important and surprising about myself and my work ... Without *The Artist's Way*, there would have been no *Eat, Pray, Love*' - Elizabeth Gilbert

The New New Journalism Robert Boynton.2007-12-18 Forty years after Tom Wolfe, Hunter S. Thompson, and Gay Talese launched the New Journalism movement, Robert S. Boynton sits down with nineteen practitioners of what he calls the New New Journalism to discuss their methods, writings and careers. The New New Journalists are first and foremost brilliant reporters who immerse themselves completely in their subjects. Jon Krakauer accompanies a mountaineering expedition to Everest. Ted Conover works for nearly a year as a prison guard. Susan Orlean follows orchid fanciers to reveal an obsessive subculture few knew existed. Adrian Nicole LeBlanc spends nearly a decade reporting on a family in the South Bronx. And like their muckraking early twentieth-century precursors, they are drawn to the most pressing issues of the day: Alex Kotlowitz, Leon Dash, and William Finnegan to race and class; Ron Rosenbaum to the problem of evil; Michael Lewis to boom-and-bust economies; Richard Ben Cramer to the nitty gritty of politics. How do they do it? In these interviews, they reveal the techniques and inspirations behind their acclaimed works, from their felt-tip pens, tape recorders, long car rides, and assumed identities; to their intimate understanding of the way a truly great story unfolds. Interviews with: Gay Talese Jane Kramer Calvin Trillin Richard Ben Cramer Ted Conover Alex Kotlowitz Richard Preston William Langewiesche Eric Schlosser Leon Dash William Finnegan Jonathan Harr Jon Krakauer Adrian Nicole LeBlanc Michael Lewis Susan Orlean Ron Rosenbaum Lawrence Weschler Lawrence Wright

The Little Book of Daily Rituals Vicki Vrint.2020-01-09 Discover the restorative wonders of daily rituals A ritual is an act of self-care that's carried out mindfully, and with reverence: a gratitude ritual to relive the high points of your day; a ritual for self-expression to free unexpressed emotions; a candle ritual to focus your mind on peace. With over 80 guided practices to choose from, there is something in this book for every intention. Whether you want to reflect, to recharge your batteries, or rekindle your motivation, you will find the perfect ritual to refresh your mind, body and spirit.

Power of Rituals for Women Linda Ann Smith,Kelly Blair Roberts.2008 *Power of Rituals for women* is the go-to for turning ordinary events and occasions into extraordinary memorable experiences.This book is written for women who want to: Connect with each other in inspiring ways.

The Midnight Library Matt Haig.2020-09-29 The #1 New York Times bestselling WORLDWIDE phenomenon Winner of the Goodreads Choice Award for Fiction | A Good Morning America Book Club Pick | Independent (London) Ten Best Books of the Year A feel-good book guaranteed to lift your spirits.—The Washington Post The dazzling reader-favorite about the choices that go into a life well lived, from the acclaimed author of *How To Stop Time* and *The Comfort Book*. Somewhere out beyond the edge of the universe there is a library that contains an infinite number of books, each one the story of another reality. One tells the story of your life as it is, along with another book for the other life you could have lived if you had made a different choice at any point in your life. While we all wonder how our lives might have been, what if you had the chance to go to the library and see for yourself? Would any of these other lives truly be better? In *The Midnight Library*, Matt Haig's enchanting blockbuster novel, Nora Seed finds herself faced with this decision. Faced with the possibility of changing her life for a new one, following a different career, undoing old breakups, realizing her dreams of becoming a glaciologist; she must search within herself as she travels through the Midnight Library to decide what is truly fulfilling in life, and what makes it worth living in the first place.

Women of Abstract Expressionism Joan Marter.2016-01-01 This publication contains a survey of female abstract expressionist artists, revealing the richness and lasting influence of their work and the movement as a whole as well as highlighting the lack of critical attention they have received to date.

The Art of Family Gina Bria.2011-11-28 It is not the lack of time that crushes our family lives; it is the lack of presence, overwhelmed as we are with the tasks, anxieties, and guilt of being in a family. Between working, housecleaning, and parenting, how do we carve out a minute for ourselves? How can we give ourselves to our spouses and children in the conditions we find ourselves in? Gina Bria writes, "This is how: by being present—not in every moment [we're tired enough!]-but in key daily activities such as play, spiritual discussions, tender physical attention, and little daily rituals that can see us through the pace of life today to a strong, coherent, lived family life." With a warm, compassionate tone, anthropologist, nutritionist, and public speaker Gina Bria provides ideas for creating families that withstand the pressures of modern society. The key is creating a personal family culture around the domestic rituals associated with family, such as making your home your true haven from the outside world, really understanding how to play with your children and in your marriage, caring for each others' bodies (young and old!) and finding a spiritual path to travel together. In essence, Gina Bria shows us how to assign meaning to everyday tasks, which builds a family that withstands conformity, rejection and conflict.

Your Intuition Led You Here Alex Naranjo, Marlene Vargas.2021-12-28 An intuitive resource for using everyday tools for magical results, featuring 32 rituals to help you tap into your intention and self-empowerment—from the owners of the destination boutique House of Intuition. "A must-read if you are into crystals, energy, and rituals."—PopSugar Alex Naranjo and Marlene Vargas, the owners of the biggest metaphysical shop on the West Coast, empower you to hear your inner voice and design your own powerful rituals in response. Part memoir, part ritual guide, *Your Intuition Led You Here* is ultimately a path to accessing the healing potential of magic, understanding your power, and putting your intuition into practice. With wit, lightness, and accessibility, Alex and Marlene guide you through . . . • How to create magic: With thirty-two tried-and-true ritual recipes, this book is a uniquely knowledgeable guide on how to utilize the power of ritual to tap into intuition and inner knowing. • Symbolism: Discover the symbolism behind key ingredients (everyday herbs, oils, elements, crystals) so that you can devise and personalize your own rituals. • Rituals to manifest magic: Put magic to work with candle spells, protection baths, love jars, and box spells for releasing and letting go. Learn zodiac-personalized energies, herbs, colors, and the most energetically powerful days of the week to manifest your desired intentions. Your intuition is a gift. In these pages, you will learn to hear it and respond to it with intention so that you can align your reality with your true self.

Fair Play Eve Rodsky.2019-10-01 A REESE'S BOOK CLUB PICK A hands-on, real talk guide for navigating the hot-button issues that so many families struggle with.--Reese Witherspoon Tired, stressed, and in need of more help from your partner? Imagine running your household (and life!) in a new way... It started with the Sh*t I Do List. Tired of being the shefault parent responsible for all aspects of her busy household, Eve Rodsky counted up all the unpaid, invisible work she was doing for her family -- and then sent that list to her husband, asking for things to change. His response was... underwhelming. Rodsky realized that simply identifying the issue of unequal labor on the home front wasn't enough: She needed a solution to this universal problem. Her sanity, identity, career, and marriage depended on it. The result is *Fair Play*: a time- and anxiety-saving system that offers couples a completely new way to divvy up chores and responsibilities. Rodsky interviewed more than five hundred men and women from all walks of life to figure out what the invisible work in a family actually entails and how to get it all done efficiently. With four easy-to-follow rules, 100 household tasks, and a series of conversation starters for you and your partner, *Fair Play* helps you prioritize what's important to your family and who should take the lead on every chore from laundry to homework to dinner. Winning this game means rebalancing your home life, reigniting your relationship with your significant other, and reclaiming your Unicorn Space -- as in, the time to develop the skills and passions that keep you interested and interesting. Stop drowning in to-dos and lose some of that invisible workload that's pulling you down. Are you ready to try *Fair Play*? Let's deal you in.

Chakra Rituals Cristi Christensen.2021-08-17 Cristi Christensen's *Chakra Rituals* is a book that makes the ancient science of Chakras accessible to spiritually conscious women, and offers a seven-week step-by-step program. Learn how to tap into the single most perfect system living inside of each of us—the seven Chakras. While Chakras have become trendy, sexy, cool, and very spiritual, few people today really know how to activate the Chakras' powerful energy for deep transformation. Cristi Christensen aims to change that, and *Chakra Rituals* offers readers a multi-dimensional, practical, and inspiring structured seven-week step-by-step program. Each week, readers are instructed how to activate a different Chakra, and each weekday they are led through a dynamic, easy, and motivating practice (altar building; breathing; meditation; vinyasa yoga flow, mudra, writing contemplation, and embodiment) which distills the esoteric concepts and makes them tangible, living experiences. A self-discovery and self-help guide with striking full-color illustrations, *Chakra Rituals* employs the Chakras' potential to open the pathways to a full, enlightened "aliveness." Seasoned practitioners and newcomers alike are invited to flow with their emotions, claim their power, transform their lives, and align with the divine.

For Small Creatures Such as We Sasha Sagan.2021-10-05 A charming book, ringing with the joy of existence. --Richard Dawkins The perfect gift for a loved one or for yourself, *For Small Creatures Such as We* is part memoir, part guidebook, and part social history, a luminous celebration of Earth's marvels that require no faith in order to be believed. Sasha Sagan was raised by secular parents, the astronomer Carl Sagan and the writer and producer Ann Druyan. They taught her that the natural world and vast cosmos are full of profound beauty, and that science reveals truths more wondrous than any myth or fable. When Sagan herself became a mother, she began her own hunt for the natural phenomena behind our most treasured occasions--from births to deaths, holidays to weddings, anniversaries, and more--growing these roots into a new set of rituals for her young daughter that honor the joy and significance of each experience without relying on a religious framework. As Sagan shares these rituals, *For Small Creatures Such as We* becomes a moving tribute to a father, a newborn daughter, a marriage, and the natural world--a celebration of life itself, and the power of our families and beliefs to bring us together.

Henry Miller on Writing Henry Miller.1964 Some of the most rewarding pages in Henry Miller's books concern his self-education as a writer. He tells, as few great writers ever have, how he set his goals, how he discovered the excitement of using words, how the books he read influenced him, and how he learned to draw on his own experience.

Born to Freak (Paperback) Sarah Seidelmann.2012-12 Anyone seeking humorous and playful ways to embrace and accept their differences will welcome life coach Sarah Seidelmann's refreshing alphabetical celebration of individuality and eccentricity. Through her personal work and work with clients and groups, she had made connections between attention-deficit disorder, high sensitivity, Asperger's syndrome, autism, addicts of every kind (sex, drugs, alcohol, gambling, shopping), the depressed, the anxious, the manic, the intense, change agents, black sheep, adrenaline junkies, irrepressibles, rebels, bohemians, life pirates, bad

asses, artists, innovators, performers, comedians, and healers . . . and concludes that everyone is born to freak! She argues that not everyone is supposed to fit in, but that seeing things differently, ruffling feathers, and returning balance to the world and its communities is the real reason for our natural variety. Through the use of creative abilities, healing presences, and eccentric gifts, people can discover their own wondrous inner multitudes. And by confessing her own strangeness and sharing tales of epic freaky awesomeness, she hopes that other irrepressible humans might get the memo earlier in their lives that they, too, are born to freak.

Twenty-Four Hours a Day Anonymous, Hazelden. 1992-02-01 Twenty Four Hours a Day Softcover (24 Hours)

Info We Trust RJ Andrews. 2019-01-03 How do we create new ways of looking at the world? Join award-winning data storyteller RJ Andrews as he pushes beyond the usual how-to, and takes you on an adventure into the rich art of informing. Creating Info We Trust is a craft that puts the world into forms that are strong and true. It begins with maps, diagrams, and charts — but must push further than dry defaults to be truly effective. How do we attract attention? How can we offer audiences valuable experiences worth their time? How can we help people access complexity? Dark and mysterious, but full of potential, data is the raw material from which new understanding can emerge. Become a hero of the information age as you learn how to dip into the chaos of data and emerge with new understanding that can entertain, improve, and inspire. Whether you call the craft data storytelling, data visualization, data journalism, dashboard design, or infographic creation — what matters is that you are courageously confronting the chaos of it all in order to improve how people see the world. Info We Trust is written for everyone who straddles the domains of data and people: data visualization professionals, analysts, and all who are enthusiastic for seeing the world in new ways. This book draws from the entirety of human experience, quantitative and poetic. It teaches advanced techniques, such as visual metaphor and data transformations, in order to create more human presentations of data. It also shows how we can learn from print advertising, engineering, museum curation, and mythology archetypes. This human-centered approach works with machines to design information for people. Advance your understanding beyond by learning from a broad tradition of putting things “in formation” to create new and wonderful ways of opening our eyes to the world. Info We Trust takes a thoroughly original point of attack on the art of informing. It builds on decades of best practices and adds the creative enthusiasm of a world-class data storyteller. Info We Trust is lavishly illustrated with hundreds of original compositions designed to illuminate the craft, delight the reader, and inspire a generation of data storytellers.

Danielle Collins' Face Yoga Danielle Collins. 2019-07-09 Have you ever thought why every workout you have ever done stopped at the neck? Or wondered why traditional yoga calms the mind, tones the body but forgets the face? Are you looking for a natural way to look and feel younger and healthier? Danielle Collins, TV's Face Yoga Expert, believes we should all have the opportunity to look and feel the very best we can for our age and to care for our face, body and mind using natural and holistic techniques. Her method requires just 5 minutes a day and could not be easier to get started. Integrating practical facial exercises with inspirational lifestyle tips, including diet and skincare, Danielle Collins' Face Yoga is a revolutionary new programme to help you achieve healthier, firmer, glowing skin..

The Wisdom of Crowds James Surowiecki. 2005-08-16 In this fascinating book, New Yorker business columnist James Surowiecki explores a deceptively simple idea: Large groups of people are smarter than an elite few, no matter how brilliant—better at solving problems, fostering innovation, coming to wise decisions, even predicting the future. With boundless erudition and in delightfully clear prose, Surowiecki ranges across fields as diverse as popular culture, psychology, ant biology, behavioral economics, artificial intelligence, military history, and politics to show how this simple idea offers important lessons for how we live our lives, select our leaders, run our companies, and think about our world.

Daily Rituals: Women at Work Mason Currey. 2020-10-15 From Vanessa Bell and Charlotte Brontë to Nina Simone and Jane Campion, here are over one hundred and forty female writers, painters, musicians, sculptors, poets, choreographers, and filmmakers on how they create and work.

Why Have There Been No Great Women Artists? Linda Nochlin, Catherine Grant. 2021-05-27 Linda Nochlin's seminal essay on women artists is widely acknowledged as the first real attempt at a feminist history of art. Nochlin refused to handle the question of why there had been no great women artists on its own, corrupted, terms. Instead, she dismantled the very concept of greatness, unravelling the basic assumptions that had centred a male-coded genius in the study of art. With unparalleled insight and startling wit, Nochlin laid bare the acceptance of a white male viewpoint in art historical thought as not merely a moral failure, but an intellectual one. Freedom, as she sees it, requires women to risk entirely demolishing the art worlds institutions, and rebuilding them anew in other words, to leap into the unknown. In this stand-alone anniversary edition, Nochlin's essay is published alongside its reappraisal, *Thirty Years After*. Written in an era of thriving feminist theory, as well as queer theory, race and postcolonial studies, *Thirty Years After* is a striking reflection on the emergence of a whole new canon. With reference to Joan Mitchell, Louise Bourgeois, Cindy Sherman and many more, Nochlin diagnoses the state of women and art with unmatched precision and verve. *Why Have There Been No Great Women Artists?* has become a slogan and rallying cry that resonates across culture and society; Dior even adopted it in their 2018 collections. In the 2020s, at a time when certain patriarchal values are making a comeback, Nochlin's message could not be more urgent: as she herself put it in 2015, there is still a long way to go.

Daily Rituals Phoebe Garnsworthy. 2018 Would you like to attract more abundance? More love, more happiness and more peace? It is possible and available to you right now, if you believe it to be true. Positive energy in our lives vibrate at a high frequency. By radiating this frequency first, you will magnetically attract the same positive energy in return, thus amplifying and intensifying these loving vibrations in abundance. And this can be easily achieved by controlling your thoughts in the repetition of uplifting affirmations. Every morning upon rising, open your *Daily Rituals* book at random, or choose a word from the contents that you are drawn to. Read the positive affirmation and allow yourself time to be transparent with the truth. Follow through with the exercises beneath. Practice these rituals regularly to raise your vibration and your mind will be trained to think positive thoughts from the moment you wake up to the second you fall asleep, promoting and attracting an affluence of positive energy, health, happiness, love and peace. Transform your life to create beauty and peace in the world around you. We can create positive vibrations by practicing affirmations of self-love and gratitude. Through the daily repetition of these rituals we clear old thought patterns, focus our time into the now, hence creating new pathways to form a peaceful and happy life. By spending time connecting and worshipping our internal self, we are creating an open communication channel to our Soul, the Source of Creation, and shifting our state of consciousness closer to enlightenment. Through acknowledgment and gratitude for life's blessings, we create positive thought vibrations. If we repeat these uplifting affirmations daily, our mind will consistently reach higher frequencies of optimized vibrations. Join Phoebe Garnsworthy, Visionary and Metaphysical writer, as she shares her daily secrets to attracting and magnifying an abundance of positive energy, health, happiness, love and peace.

Rituals Roadmap: The Human Way to Transform Everyday Routines into Workplace Magic Erica Keswin. 2021-01-26 #2 Wall Street Journal Bestseller, USA Today Bestseller, and Publishers Weekly Bestseller From the Wall Street Journal bestselling author of *Bring Your Human to Work* comes an indispensable guide to taking your employee engagement to the next level. In *Bring Your Human to Work*, Erica Keswin laid down the rules and protocols of a human workplace. Now, in *Rituals Roadmap*, she shows us how to further employee engagement, explaining that workplace rituals foster a sense of belonging and help workers connect with one another and their work. From our morning cup of coffee to the standing Wednesday morning meeting with our team, our lives are steeped in rituals. *Rituals Roadmap* combines cutting-edge scientific research with examples from the most human companies, like Starbucks, Microsoft, Chipotle and LinkedIn, showing how they establish rituals during meetings, employee onboarding procedures, and daily interactions among coworkers. Whether you choose to pass around a stuffed penguin at your weekly meeting to express gratitude like Aria Finger of DoSomething, or decide to make lunchtime a daily ritual with your team in the same way one top performing team at Douglas Elliman does, rituals create community and change us in a way that conjures lifelong commitments. If you're serious about employee engagement, *Rituals Roadmap* is your blueprint for creating a workplace full of engaged, connected employees who drive revenue and stay at their jobs long term.

Daily Rituals Mason Currey.2020-06-11 'Utterly fascinating' Daisy Goodwin, Sunday Times

Working with Paper Carla Bittel,Elaine Leong,Christine von Oertzen.2019-06-18 Working with Paper builds on a growing interest in the materials of science by exploring the gendered uses and meanings of paper tools and technologies, considering how notions of gender impacted paper practices and in turn how paper may have structured knowledge about gender. Through a series of dynamic investigations covering Europe and North America and spanning the early modern period to the twentieth century, this volume breaks new ground by examining material histories of paper and the gendered worlds that made them. Contributors explore diverse uses of paper—from healing to phrenological analysis to model making to data processing—which often occurred in highly gendered, yet seemingly divergent spaces, such as laboratories and kitchens, court rooms and boutiques, ladies' chambers and artisanal workshops, foundling houses and colonial hospitals, and college gymnasiums and state office buildings. Together, they reveal how notions of masculinity and femininity became embedded in and expressed through the materials of daily life. Working with Paper uncovers the intricate negotiations of power and difference underlying epistemic practices, forging a material history of knowledge in which quotidian and scholarly practices are intimately linked.

Daily Rituals: Women at Work Mason Currey.2019-03-05 More of Mason Currey's irresistible Daily Rituals, this time exploring the daily obstacles and rituals of women who are artists--painters, composers, sculptors, scientists, filmmakers, and performers. We see how these brilliant minds get to work, the choices they have to make: rebuffing convention, stealing (or secreting away) time from the pull of husbands, wives, children, obligations, in order to create their creations. From those who are the masters of their craft (Eudora Welty, Lynn Fontanne, Penelope Fitzgerald, Marie Curie) to those who were recognized in a burst of acclaim (Lorraine Hansberry, Zadie Smith) . . . from Clara Schumann and Shirley Jackson, carving out small amounts of time from family life, to Isadora Duncan and Agnes Martin, rejecting the demands of domesticity, Currey shows us the large and small (and abiding) choices these women made--and continue to make--for their art: Isak Dinesen, I promised the Devil my soul, and in return he promised me that everything I was going to experience would be turned into tales, Dinesen subsisting on oysters and Champagne but also amphetamines, which gave her the overdrive she required . . . And the rituals (daily and otherwise) that guide these artists: Isabel Allende starting a new book only on January 8th . . . Hilary Mantel taking a shower to combat writers' block (I am the cleanest person I know) . . . Tallulah Bankhead coping with her three phobias (hating to go to bed, hating to get up, and hating to be alone), which, could she mute them, would make her life as slick as a sonnet, but as dull as ditch water . . . Lillian Hellman chain-smoking three packs of cigarettes and drinking twenty cups of coffee a day--and, after milking the cow and cleaning the barn, writing out of elation, depression, hope (That is the exact order. Hope sets in toward nightfall. That's when you tell yourself that you're going to be better the next time, so help you God.) . . . Diane Arbus, doing what gnaws at her . . . Colette, locked in her writing room by her first husband, Henry Gauthier-Villars (nom de plume: Willy) and not being let out until completing her daily quota (she wrote five pages a day and threw away the fifth). Colette later said, A prison is one of the best workshops . . . Jessye Norman disdaining routines or rituals of any kind, seeing them as a crutch . . . and Octavia Butler writing every day no matter what (screw inspiration). Germaine de Staël . . . Elizabeth Barrett Browning . . . George Eliot . . . Edith Wharton . . . Virginia Woolf . . . Edna Ferber . . . Doris Lessing . . . Pina Bausch . . . Frida Kahlo . . . Marguerite Duras . . . Helen Frankenthaler . . . Patti Smith, and 131 more--on their daily routines, superstitions, fears, eating (and drinking) habits, and other finely (and not so finely) calibrated rituals that help summon up willpower and self-discipline, keeping themselves afloat with optimism and fight, as they create (and avoid creating) their creations.

Lean In Sheryl Sandberg.2013-03-11 The #1 international best seller In Lean In, Sheryl Sandberg reignited the conversation around women in the workplace. Sandberg is chief operating officer of Facebook and coauthor of Option B with Adam Grant. In 2010, she gave an electrifying TED talk in which she described how women unintentionally hold themselves back in their careers. Her talk, which has been viewed more than six million times, encouraged women to “sit at the table,” seek challenges, take risks, and pursue their goals with gusto. Lean In continues that conversation, combining personal anecdotes, hard data, and compelling research to change the conversation from what women can't do to what they can. Sandberg provides practical advice on negotiation techniques, mentorship, and building a satisfying career. She describes specific steps women can take to combine professional achievement with personal fulfillment, and demonstrates how men can benefit by supporting women both in the workplace and at home. Written with humor and wisdom, Lean In is a revelatory, inspiring call to action and a blueprint for individual growth that will empower women around the world to achieve their full potential.

Crystal Muse Heather Askinosie,Timmi Jandro.2017 Askinosie shows how you can transform life's challenges into opportunities for growth by being equipped with the right crystals and mindset. By tapping into the vibrations of crystals, we can access wisdom that is bigger than us individually or as a society. Crystals can empower your life by attracting love, relieving anxiety, grounding you with the energy of the earth, and much more. -- adapted from text on inside front cover.

Broad Strokes Bridget Quinn.2017-03-07 Historically, major women artists have been excluded from the mainstream art canon. Aligned with the resurgence of feminism in pop culture, Broad Strokes offers an entertaining corrective to that omission. Art historian Bridget Quinn delves into the lives and careers of 15 female artists from around the globe in text that's smart, feisty, educational, and an enjoyable read. Replete with beautiful reproductions of the artists' works and contemporary portraits of each artist by renowned illustrator Lisa Congdon, this is art history from the Renaissance to Abstract Expressionism for the modern art lover, reader, and feminist.

Everything She Touched Marilyn Chase.2020-04-07 Everything She Touched recounts the incredible life of the American sculptor Ruth Asawa. This is the story of a woman who wielded imagination and hope in the face of intolerance and who transformed everything she touched into art. In this compelling biography, author Marilyn Chase brings Asawa's story to vivid life. She draws on Asawa's extensive archives and weaves together many voices—family, friends, teachers, and critics—to offer a complex and fascinating portrait of the artist. Born in California in 1926, Ruth Asawa grew from a farmer's daughter to a celebrated sculptor. She survived adolescence in the World War II Japanese-American internment camps and attended the groundbreaking art school at Black Mountain College. Asawa then went on to develop her signature hanging-wire sculptures, create iconic urban installations, revolutionize arts education in her adopted hometown of San Francisco, fight through lupus, and defy convention to nurture a multiracial family. • A richly visual volume with over 60 reproductions of Asawa's art and archival photos of her life (including portraits shot by her friend, the celebrated photographer Imogen Cunningham) • Documents Asawa's transformative touch—most notably by turning wire - the material of the internment camp fences - into sculptures • Author Marilyn Chase mined Asawa's letters, diaries, sketches, and photos and conducted interviews with those who knew her to tell this inspiring story. Ruth Asawa forged an unconventional path in everything she did—whether raising a multiracial family of six children, founding a high school dedicated to the arts, or pursuing her own practice independent of the New York art market. Her beloved fountains are now San Francisco icons, and her signature hanging-wire sculptures grace the MoMA, de Young, Getty, Whitney, and many more museums and galleries across America. • Ruth Asawa's remarkable life story offers inspiration to artists, art lovers, feminists, mothers, teachers, Asian Americans, history buffs, and anyone who loves a good underdog story. • A perfect gift for those interested in Asian American culture and history • Great for those who enjoyed Ninth Street Women: Lee Krasner, Elaine de Kooning, Grace Hartigan, Joan Mitchell, and Helen Frankenthaler: Five Painters and the Movement That Changed Modern Art by Mary Gabriel, Ruth Asawa: Life's Work by Tamara Schenkenberg, and Notes and Methods by Hilma af Klint

The 5AM Club Robin Sharma.2018-12-04 Legendary leadership and elite performance expert Robin Sharma introduced The 5am Club concept over twenty years ago, based on a revolutionary morning routine that has helped his clients maximize their productivity, activate their best health and bulletproof their serenity in this age of overwhelming complexity. Now, in this life-changing book, handcrafted by the author over a rigorous four-year period, you will discover the early-rising habit that has helped so many accomplish epic results while upgrading their happiness, helpfulness and feelings of aliveness. Through an enchanting—and often amusing—story about two struggling strangers who meet an eccentric tycoon who becomes their secret mentor, The 5am Club will walk you through: How great geniuses, business titans and the world's wisest people

start their mornings to produce astonishing achievements A little-known formula you can use instantly to wake up early feeling inspired, focused and flooded with a fiery drive to get the most out of each day A step-by-step method to protect the quietest hours of daybreak so you have time for exercise, self-renewal and personal growth A neuroscience-based practice proven to help make it easy to rise while most people are sleeping, giving you precious time for yourself to think, express your creativity and begin the day peacefully instead of being rushed “Insider-only” tactics to defend your gifts, talents and dreams against digital distraction and trivial diversions so you enjoy fortune, influence and a magnificent impact on the world Part manifesto for mastery, part playbook for genius-grade productivity and part companion for a life lived beautifully, *The 5am Club* is a work that will transform your life. Forever.

Hearts of Our People Jill Ahlberg Yohe, Teri Greeves. 2019 Women have long been the creative force behind Native American art, yet their individual contributions have been largely unrecognized, instead treated as anonymous representations of entire cultures. 'Hearts of Our People: Native Women Artists' explores the artistic achievements of Native women and establishes their rightful place in the art world. This lavishly illustrated book, a companion to the landmark exhibition, includes works of art from antiquity to the present, made in a variety of media from textiles and beadwork to video and digital arts. It showcases more than 115 artists from the United States and Canada, spanning over one thousand years, to reveal the ingenuity and innovation that have always been foundational to the art of Native women.--Page 4 of cover.

The Milk of Dreams Leonora Carrington. 2017-05-16 In English for the first time, a wild and darkly funny book that combines Surrealist painter Leonora Carrington's fantastical writing and illustrations for children The maverick surrealist Leonora Carrington was an extraordinary painter and storyteller who loved to make up stories and draw pictures for her children. She lived much of her life in Mexico, and her sons remember sitting in a big room whose walls were covered with images of wondrous creatures, towering mountains, and ferocious vegetation while she told fabulous and funny tales. That room was later whitewashed, but some of its wonders were preserved in the little notebook that Carrington called *The Milk of Dreams*. John, who has wings for ears, Humbert the Beautiful, an insufferable kid who befriends a crocodile and grows more insufferable yet, and the awesome Janzajoria are all to be encountered in *The Milk of Dreams*, a book that is as unlikely, outrageous, and dreamy as dreams themselves.

Women Artists, Feminism and the Moving Image Lucy Reynolds. 2019-08-22 What is the significance of gendered identification in relation to artists' moving image? How do women artists grapple with the interlinked narratives of gender discrimination and gender identity in their work? In this groundbreaking book, a diverse range of leading scholars, activists, archivists and artists explore the histories, practices and concerns of women making film and video across the world, from the pioneering German animator Lotte Reiniger, to the influential African American filmmaker Julie Dash and the provocative Scottish contemporary artist Rachel Maclean. Opening with a foreword from the film theorist Laura Mulvey and a poem by the artist film-maker Lis Rhodes, *Women Artists, Feminism and the Moving Image* traces the legacies of early feminist interventions into the moving image and the ways in which these have been re-configured in the very different context of today. Reflecting and building upon the practices of recuperation that continue to play a vital role in feminist art practice and scholarship, essays discuss topics such as how multiculturalism is linked to experimental and activist film history, the function and nature of the essay film, feminist curatorial practices and much more. This book transports the reader across diverse cultural contexts and geographical contours, addressing complex narratives of subjectivity, representation and labour, while juxtaposing cultures of film, video and visual arts practice often held apart. As the editor, Lucy Reynolds, argues: it is at the point where art, moving image and feminist discourse converge that a rich and dynamic intersection of dialogue and exchange opens up, bringing to attention practices which might fall outside their separate spheres, and offering fresh perspectives and insights on those already established in its histories and canons.

The Deconstructive Impulse Tom McDonough. 2011 KEYNOTE: A survey of leading women artists from the late twentieth century examining the crucial feminist contribution to the deconstructivist movement. Exhibition Itinerary: Neuberger Museum of Art Purchase College, State University of New York, Purchase January 15-April 3, 2011 Nasher Museum of Art at Duke University, Durham, North Carolina August 25-December 5, 2011 The practice of deconstructivism, a term describing artwork that examines the imagery of the popular media, was significantly shaped by dozens of important female artists during a critical era in late twentieth-century visual culture. These artists subverted their source material, often by appropriating it, to expose the ways that commercial images express imbalances of power. The mechanisms of power in mainstream art institutions were also subject to these artists' critique. This exhibition catalogue features a diverse group of North American women whose transformative and often provocative work deals with gender, sexual, racial, ethnic, and class-based inequities. Essays by leading critics discuss such topics as the importance of critical theory and sexual politics in the art world of the 1980s; how domesticity is represented in commercial media and the art that addresses it; the importance of psychoanalytic theory as a critical framework; and the sexualization of inanimate objects. AUTHORS: Nancy Princenthal is a New York-based writer and former Senior Editor of *Art in America*. Tom McDonough is Associate Professor of Philosophy, Interpretation & Culture and Comparative Literature, Binghamton University, State University of New York. Griselda Pollock is Professor of the Social and Critical Histories of Art, University of Leeds. Helaine Posner is chief curator and deputy director for curatorial affairs at the Neuberger Museum of Art. Kristine Stiles is Professor, Art, Art History and Visual Studies, Duke University. ILLUSTRATIONS 100 colour images *

Daily Rituals Mason Currey. 2013-04-23 More than 150 inspired—and inspiring—novelists, poets, playwrights, painters, philosophers, scientists, and mathematicians on how they subtly maneuver the many (self-inflicted) obstacles and (self-imposed) daily rituals to get done the work they love to do. Franz Kafka, frustrated with his living quarters and day job, wrote in a letter to Felice Bauer in 1912, “time is short, my strength is limited, the office is a horror, the apartment is noisy, and if a pleasant, straightforward life is not possible then one must try to wriggle through by subtle maneuvers.” Kafka is one of 161 minds who describe their daily rituals to get their work done, whether by waking early or staying up late; whether by self-medicating with doughnuts or bathing, drinking vast quantities of coffee, or taking long daily walks. Thomas Wolfe wrote standing up in the kitchen, the top of the refrigerator as his desk, dreamily fondling his “male configurations”.... Jean-Paul Sartre chewed on Corydrane tablets (a mix of amphetamine and aspirin), ingesting ten times the recommended dose each day ... Descartes liked to linger in bed, his mind wandering in sleep through woods, gardens, and enchanted palaces where he experienced “every pleasure imaginable.” Here are: Anthony Trollope, who demanded of himself that each morning he write three thousand words (250 words every fifteen minutes for three hours) before going off to his job at the postal service, which he kept for thirty-three years during the writing of more than two dozen books ... Karl Marx ... Woody Allen ... Agatha Christie ... George Balanchine, who did most of his work while ironing ... Leo Tolstoy ... Charles Dickens ... Pablo Picasso ... George Gershwin, who, said his brother Ira, worked for twelve hours a day from late morning to midnight, composing at the piano in pajamas, bathrobe, and slippers.... Here also are the daily rituals of Charles Darwin, Andy Warhol, John Updike, Twyla Tharp, Benjamin Franklin, William Faulkner, Jane Austen, Anne Rice, and Igor Stravinsky (he was never able to compose unless he was sure no one could hear him and, when blocked, stood on his head to “clear the brain”).

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