The Illustrated Discovery Journal: Creating a Visual Autobiography of Your Authentic Self by Sarah Ban Breathnach

This spiral-bound journal, conceived by Sarah Ban Breathnach, is designed to encourage writers to explore their life stories and unleash dormant creativity. Every two-page spread is exquisitely bordered by a wood print leaf pattern and includes a sage little quote to set the mood or beckon the muse (such as People who keep journals have life twice. -- Jessamyn West). The large format (11.25 by 9.75 inches) gives writers plenty of room to scrawl down their thoughts and even offers ample space for adding personal artwork or gluing in cut-out images. Several pocket folders are bound into the back for carrying clippings, postcards, or dry leaves--whatever whimsy dictates. Because it is spiral bound (with a sturdy wrap-around cover), writers can lay the book flat while at work--a major convenience. Interspersed throughout the journal, Ban Breathnach has added suggestions for writing exercises and collages, plus discussions of themes such as Success, Mystery, or Return to Self. In one spread, Natalie Goldberg is quoted as saying, Your first job is to get your own story straight. Theres no doubt that writers can do just that with this literary example of functional art. --Gail Hudson

My Personal Review:
As an Art student, I have discovered the power of creating through collages. It is an easy way for everyone to be artistic regardless of drawing or painting skill. Your creations can speak to you in a very powerful way and give you insight that would not otherwise be so easily accessed. I highly recommend this book for fun and discovery.

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