



# Journal Spilling: Mixed-Media Techniques for Free Expression

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# Journal Spilling: Mixed-Media Techniques for Free Expression

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## **Journal Spilling: Mixed-Media Techniques for Free Expression** Trout. Diana

At its core, *Journal Spilling* is about incorporating journaling and art making into daily life, all the while encouraging a carefree, non-judgmental approach. In addition to step-by-step instruction for getting started in 25 media techniques (watercolor, resist, ink, transfers and more!), you will be guided through exercises to help with writing. The exercises are broken down into accessible parts that can be undertaken in small bits of time and are open-ended, encouraging various paths for journaling. Let go of complete control and trust the journaling process!

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