ART JUICE

EPISODE 38

Our Ultimate (unusual)

BOOK RECOMMENDATIONS FOR ARTISTS

So, you're an avid book worm too? We know there are tons of favourite art books out there, but that can depend on just what art you love to explore or where your interests lie. We wanted to pull together a list of the books which have had most impact on us.

Some are creative, some are more about an attitude to life or learning we have found helpful on our own creative journeys.

But of course there were too many to cover in just one episode, so we've listed them all here for you.

We've divide them loosely into 3 groups:

Artist books
Business Books
Life / philosophy books

Each book is marked as Alice or Louise's favourites and the ones we discussed on the podcast episode are marked with this icon:

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L

ARTIST BOOKS

A PAINTINGS AND PLACES
Michael Honnor

One of my favourite books to return to; this is an image packed collection of work from a contemporary British painter and printmaker. I love the way he approaches landscape; the loose marks and sense of seasons. This one you will have to order from Blurb https://www.blurb.co.uk/b/3159263-michael-honnor-paintings-and-places

A CLEAR SEEING PLACE
Brian Rutenberg

Not picture filled, this book of writing is a hybrid of inspiring, personal and practical experience of the process of making art. Read it cover to cover, or dip in as you wish, this will leave you feeling empowered to get back to the studio.

There is also a YouTube series you may like, but I prefer to read and leave the rest to my imagination!

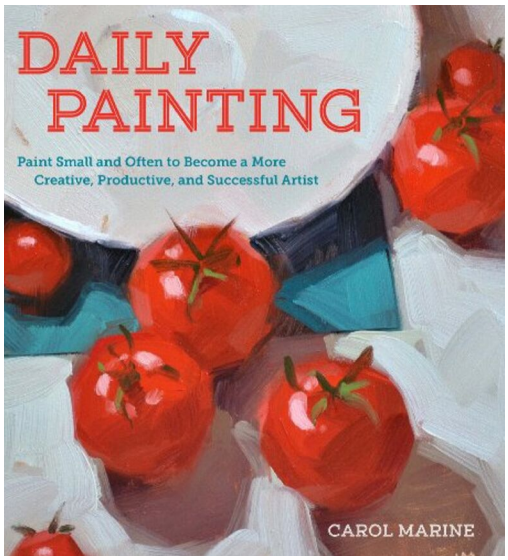
> "Art brings us back into ourselves by making us unrecognisable to ourselves; we see through someone else's eye, which broadens our experience and give us empathy."

L STEAL LIKE AN ARTIST
Austin Kleon

This is short and easy-to-read book, but packed with wisdom about the artist's life. I love any book that demystifies the things others try to mystify and this is one of the most effective I've read. The idea that there is no such thing as truly original work was so powerful for me, as was the permission to just be ourselves and do whatever feels good to us.

A DAILY PAINTING
Carol Marine

This book is packed with practical advice on colour, set -up, habit, photography... If you're feeling a bit frustrated with the time you have available, or wondering how starting with something simple but building a practice, this is a great book to inspire you.



L REMAINS OF ELMET
Fay Godwin and Ted Hughes

The photographer Fay Godwin took a series of stunning photographs of the Calder Valley in West Yorkshire, a place that was once home to Ted Hughes. He then wrote poems to accompany the pictures. Elmet was the last surviving independent kingdom in England and spanned thousands of square miles. As a teenager, I lived in a village called Sherburn-in-Elmet and the last King (King Athelred) had a palace on the site of the church where I got married. This partly explains why I bought the book as soon as it came out, but the real draw was the exciting combination of words and images, something I still love to this day and something I would like to bring more into my own work.

'BUSINESS' BOOKS

L PURPLE COW
Seth Godin

This book changed my whole way of thinking about business and about art. It's a book about marketing, but it's about so much more. Godin's central message is that, while it's possible to sell average stuff, it's so much easier to sell great stuff - stuff that is so unusual or exciting or brilliant that it is worth talking about. This book is how I knew that selling my art wouldn't be a case of learning sales skills - it would require me to make it better.

A CREATIVE HABIT
Twyla Tharp

Possibly not real business, but for the business of a working creative life this book covers it. Twyla Tharp is a choreographer and this covers her tips for starting new creative projects, overcoming inertia and procrastination to name just a few. She takes her 35 years of experience into 32 exercises on how to make creativity a natural part of your life.

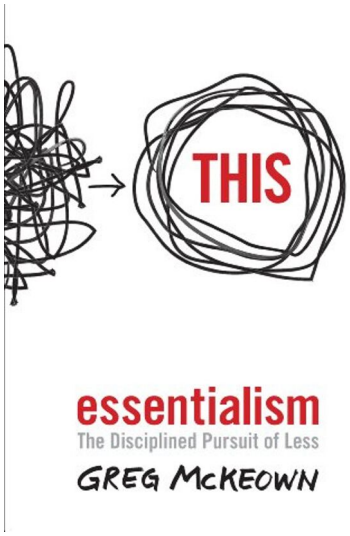
L CRUSH IT
Gary Vaynercuck

This book may be a little dated now - social media has moved on so much in the short time since it was written. But it was hugely influential for me because it opened my eyes to the possibilities the internet had created for every single one of us to live our passion (and to make a good living from our passion).

A ESSENTIALISM
Greg McKeown

or '*The disciplined pursuit of less*'
This book is all about helping you make better decisions from the Big stuff to practical advice. I love how the chapter titles of each section could also be applied to the way we make art, such as ; essence, discern, explore, play, select, clarify, limit, progress flow.

If you go to bed wondering quite what you've done with your day, this is essential reading and will change the way you make priorities.



A BUILDING A STORYBRAND
Donald Miller

Making art is a personal business, but communicating what we do can be harder. That dreaded artist statement! Storybrand helps by taking the key essentials of all good story telling and shows you how you can weave this into your written or spoken word. Whether for Instagram posts, blog writing or newsletters, this will give you new ways to connect with your audience.

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LIFE / PHILOSPHY BOOKS

L LETTERS TO A YOUNG POET
Rainer Maria Rilke

Rilke wrote these letters to Franz Kappus, a young poet who originally wrote to Rilke asking for advice. This sparked a correspondence that went on for years and - after Rile died - Kappus published his letters. It's a slim book, but full of wisdom about life and love and creativity. This is my favourite quote from the book:

> "You ask whether your poems are good. You send them to publishers; you compare them with other poems; you are disturbed when certain publishers reject your attempts. Well now, since you have given me permission to advise you, I suggest that you give all that up. You're looking outward and, above all else, that you must not do that. No one can advise and help you, no one.There is only one way: Go within....
>
> Therefore, my dear friend, I know of no other advice than this: Go within and scale the depths of your being from which your very life springs forth. At its source you will find the answer to the question...."

L THE UNTETHERED SOUL
Michael Singer

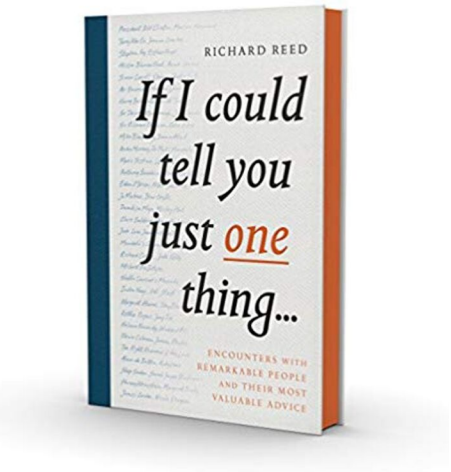
This is a 'woo-woo' book written in such plain, sensible and humorous language that you almost don't notice it's woo-woo! It's a book about how our entire life experience is a choice - when we understand that we are the one listening to our thoughts and not the thoughts themselves, we can change everything. It has helped me greatly in recent years - I use Singer's strategies often to keep things in perspective and minimize stress. Also by the same author: 'The Surrender Experiment'.
(You may also like to look at 'Choice Theory' by William Glasser)

A IF I COULD TELL YOU JUST ONE THING
Richard Reed

A compilation of short writings from interviews with inspiring people from Heston Blumenthal, Stephen Fry, Marina Abramovic, Annie Lennox

Richard Reed built Innocent Drinks from a smoothie stall on a street corner to one of the biggest brands in Britain.He credits his success to four brilliant pieces of advice, each given to him just when he needed them most. Ever since, it has been Richard's habit, whenever he meets somebody he admires, to ask them for their best piece of advice. If they could tell him just one thing, what would it be?

It's also a beautiful object, with ink illustrations of all the people featured by Samuel Kerr, a hard embossed cover and orange edged pages :-)



L BIRD BY BIRD
Annie Lamotte

This is a warm, funny and incredibly insightful book about creativity. Annie Lamotte is a writer and on the surface, this is a book about writing, but it's really just about creativity and her advice and insights apply just as much to painting as they do to the written word.

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find out more about us...

At the start of 2019 we decided to start a podcast for artists, after all, as artists, we have plenty of time to listen as we work so it seemed the perfect fit.

Now with 120,000 downloads, it seems you agree!

ART JUICE

★★★★★

lynneart, 18/09/2019

Art juice

The best, when I listen to the podcast by Alice and Louise it's like inviting two friends round for coffee. I've learnt a lot from them and my attitude to my art has demystified because of them. Thank you both so much.

ALICE SHERIDAN

Alice's layered paintings mix an urban feel with more traditional landscapes, giving abstract paintings with a strong graphic edge. Alice is the founder of the Connected Artists Club and with a new studio is soon to be offering more workshops. If you'd like to know more about those, please add your name

www.alicesheridan.com

HEAR MORE

LOUISE FLETCHER

Louise lives in Yorkshire where she paints abstract inspired by her wild surroundings. She is the creator of the 'Find Your Joy' programme and sends a weekly newsletter for artists filled with ideas and inspiration.

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https://www.louisefletcherart.com/louise-newsletter/

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