



Find Your Flow: A Beginner's Guide to Unlocking Creativity through Intuitive Fluid Art

Jessica Young

Better Day Books (Jan 28, 2024)

Hardcover \$29.99 (192pp)

978-0-7643-6712-0

Unleash creativity and the healing power of the flow state with Jessica Young's guide to intuitive abstract painting, *Finding Your Flow*.

A visual celebration of innate human creativity, the book includes detailed step-by-step instructions for creating colorful abstract paintings using alcohol ink and high-flow acrylic paint. Designed to help artists of all levels develop their confidence and skills, it begins with fun introductory exercises ahead of ten exciting projects to awaken one's creative spirit with beautiful results.

This honest and encouraging guide addresses the mental and emotional issues that can block creativity, including imposter syndrome, harsh inner critics, the fear of failure, and self-doubt. Young shares how she handled her own experiences with these and teaches a process-over-product mindset. Indeed, messing up is integral to the creative process, and you can enjoy the flow state whether or not an artwork is a "success."

The book's helpful suggestions for art and personal development include keeping a studio journal; prompts are provided to jump-start reflection. Emphasis is placed on self-compassion and patience, giving one's curiosity free rein to direct the creative process, and granting oneself permission to relax and enjoy. The setup, materials, and processes suggested are rather complicated, and a read-through of the requirements before beginning is essential.

The book's stunning photography of abstract artwork is characterized by rich colors and graceful, flowing forms, inspiring the sense of play that's inherent to the creative process. And while the "flow state" can seem mysterious or even impossible to achieve for those who've never experienced it, this book argues that it is a state available to everyone.

Finding Your Flow is a beautiful, inspiring introduction to intuitive abstract painting that opens the door to creativity and self-confidence.

KRISTINE MORRIS (January / February 2024)

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