

The Artist in the Office



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A guide to living a creative life from 9 to 5 and beyond.

Based on the hit handmade 'zine, The Artist in the Office is an inspirational, interactive book for any artist living in the real world. It encourages small acts of creativity and a

simple shift of perspective to help readers bring their artistic selves into the workplace and thrive in all aspects of their lives.

Readers are prompted to undertake a wide range of liberating activities, from the mundane to the sublime, that won't put their 9-to- 5 job at risk, including:

- Take lunchtime adventures to rouse your spirit: a bookstore, a flower shop, or a park
- Pick one ordinary object each day and take pictures every time you see it: coffee mugs, shoes, office plants
- Get up an hour early or stay up an hour later and devote the time to your creative work. Schedule it in like any other mandatory appointment or meeting
- Collect doodles from Post-Its or notebooks and reassemble them in a sketchbook

作者介绍:

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