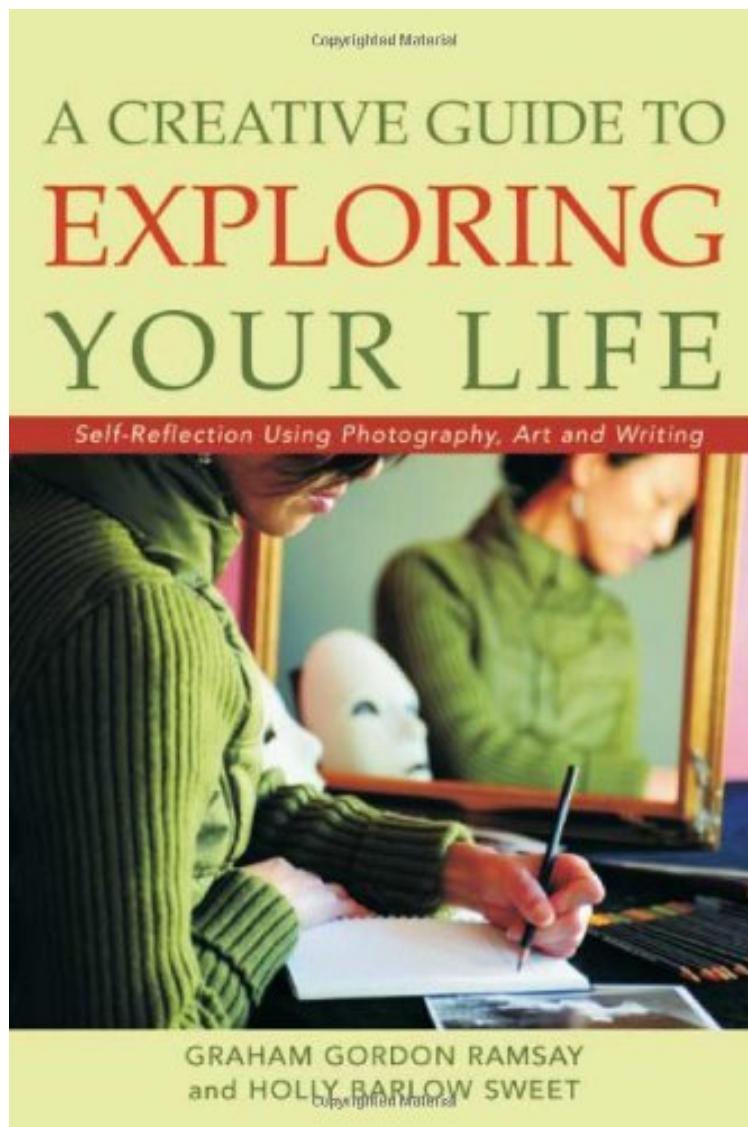


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## A Creative Guide to Exploring Your Life: Self-Reflection Using Photography, Art, and Writing

Graham Gordon Ramsay  
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**Graham Gordon Ramsay : A Creative Guide to Exploring Your Life: Self-Reflection Using Photography, Art, and Writing** before purchasing it in order to gage whether or not it would be worth my time, and all praised A Creative Guide to Exploring Your Life: Self-Reflection Using Photography, Art, and Writing:

12 of 12 people found the following review helpful. Engaging and inspiringBy JaneAs someone who has written about creativity, I often get sent how-to-be-creative books. They are typically cloying and empty, sticky with platitudes. This

book rises impressively above that gummy mass. One reason is Graham Ramsay's multidisciplinary talent--besides his work as a photographer and author, he is a professional composer. This keeps his exercises from getting mired in a single approach; they are accessible to people without particular artistic skills. Holly Sweet ably provides a psychological gloss on the process that makes the book useful for readers whose goal is to contemplate their own lives. The combination makes the book useful not only for artists, but for anyone who is self-reflective and wants to step out of their usual way of thinking about their life. Students who are thinking about their place in the world will find this book a great aid. But I was struck by how older adults too, looking back over a lifetime of snapshots and memorabilia, can use this book's approach to make sense of their lifetime of experience.1 of 1 people found the following review helpful. Four StarsBy CustomerInteresting book with some good exercises.0 of 0 people found the following review helpful. Creative ExpressionBy Lola MamengI found the book quite helpful in some aspects of self-reflection and I used the "Who Am I Today" activity with my students. Too bad the publisher does not offer desk copies.

An award-winning psychologist and professional photographer co-author this unique creative guide to exploring and understanding your life: who you are, what you value, and what you wish to achieve. A Creative Guide to Exploring Your Life brims with imaginative exercises and examples that use the power of photography, art, and writing as tools for self-discovery. It provides clear and accessible guidance on how to explore different parts of your identity: take a photograph of yourself in a role you don't typically play, draw a visual timeline of your life and consider its key turning points; explore your sense of place in history by writing about a major historical event that has changed your life. Exercises are accompanied by searching questions for self-reflection, and are complemented by examples of each exercise to provoke ideas and inspiration. Featuring additional guidance for teachers, counselors, and other professionals running the exercises in group settings, this book offers a dynamic and enjoyable way for you to explore different aspects of your life

Psychologist and professional photographers join to provide a unique guide to exploring and understanding your life in a book packed with exercises and examples pairing art with writing for self-discovery. Any one who would keep a journal or use writing as a catharsis for personal evolution will find this a fine survey. -- The Midwest Book Psychologist and professional photographers join to provide a unique guide to exploring and understanding your life in a book packed with exercises and examples pairing art with writing for self-discovery. Any one who would keep a journal or use writing as a catharsis for personal evolution will find this a fine survey. (The Midwest Book )About the AuthorGraham Gordon Ramsay is a professional freelance commercial and fine art photographer and teaches at the Massachusetts Institute of Technology (MIT). His fine art images have appeared in galleries and private collections throughout the US and Europe, and his commercial images have appeared in publications such as Time Magazine, Atlantic Monthly, Science, and Figaro Magazine. Holly Barlow Sweet Ph.D. is a licensed psychologist and a lecturer at MIT. She maintains a private practice in the Boston area and has given numerous talks and workshops at both local and national levels on self-esteem enhancement, creativity and self-exploration, and gender roles and relationships. She is Co-Director of the Cambridge Center for Gender Relations and, in 2005, received the "Practitioner of the Year" award from the Society for the Psychological Study of Men and Masculinity, a division of the American Psychological Association.