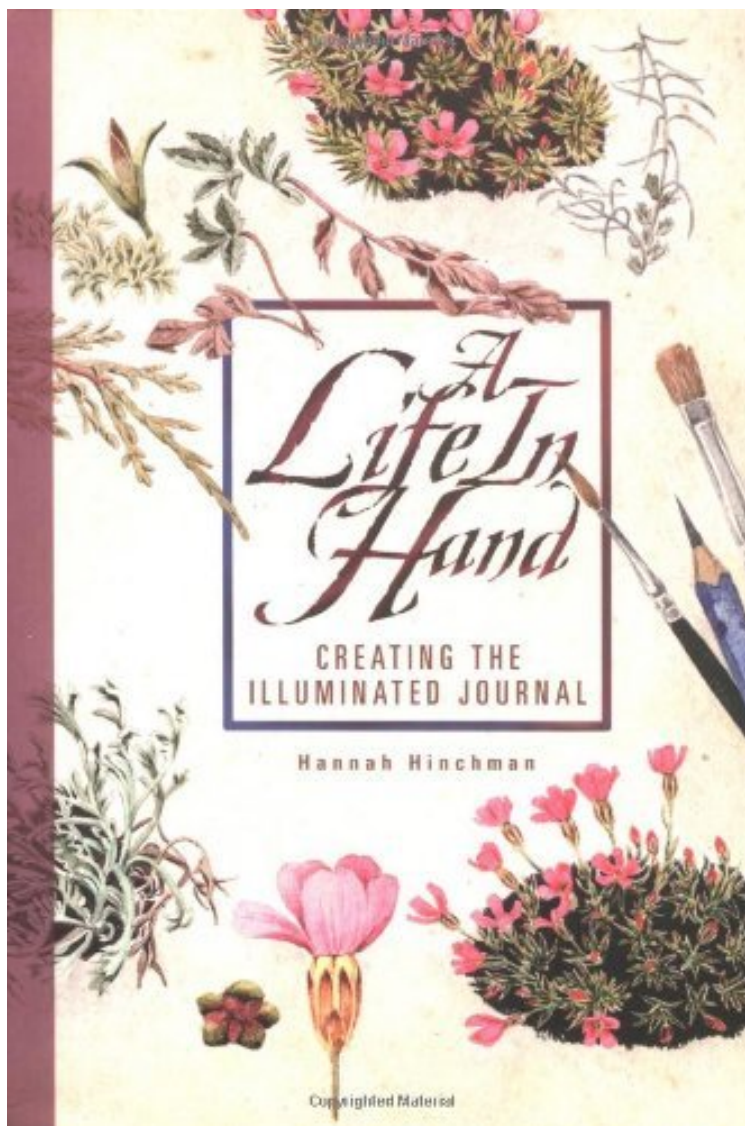



A Life In Hand: Creating the Illuminated Journal

Hannah Hinchman

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Hannah Hinchman : A Life In Hand: Creating the Illuminated Journal before purchasing it in order to gage whether or not it would be worth my time, and all praised A Life In Hand: Creating the Illuminated Journal:

9 of 9 people found the following review helpful. An inspiring glimpse into an artist's processBy D. BangleyHannah Hinchman gives concrete ideas and instructions as you would expect in a how-to book. But, she goes beyond the step-by-step hand-holding, sharing private moments captured in lively sketches and glowing paintings, and deeply felt observations of life and the process of writing and journaling. She takes her process and the medium seriously, but keeps a sense of playfulness. Overall, the book is a rich invitation to dive into self-discovery, creative expression and nature observation through nature journaling.0 of 0 people found the following review helpful. A Great Journal

ExampleBy CustomerI loved the way she walked you through her journaling experience and I loved her simple drawings. She shows you that you are free to express your thoughts and drawing anyway you like...5 of 5 people found the following review helpful. excellent book. great service.By Vickie L. NelsonI have bought this book so many times and have given away to friends. it is a beautiful simple book by a patient artist and excellent writer.

****Popular Journal Illustrating Book**

My grandmother, who is an artist, carries a journal everywhere she goes; and everywhere she goes she makes a written and visual record of her impressions, sometimes with pen sketches, but more often with watercolors. I love being able to thumb through her journals and see the world through her eyes. *A Life in Hand* (a blank journal is included) teaches this kind of field journaling which combines writing and drawing as a unique and creative approach to experiencing life. Hannah Hinchman gives us not just an instructional, but an impressionistic guide that wanders through the soul of journaling, stopping here and there to point out important landmarks. She leads us to discovering our own voice, and to making the journal an extension of ourselves-a tool for impression and expression that becomes second nature. -- From *The WomanSource Catalog : Tools for Connecting the Community for Women*; review by Ilene Rosoff
About the AuthorHannah Hinchman is a freelance artist, writer, and calligrapher. Her work has been published in numerous magazines, and her most recent book is *A Trail Through Leaves: The Journal as a Path Through Place*. She lives in Montana.Excerpt. copy; Reprinted by permission. All rights reserved.
Most of us, sorting through childhood memories, have remarked that it isn't always the significant event or the important day we remember. It is more likely to be an apparently random detail, like the pattern on a dress our mother wore, or the smell of dust on a hot street when the first drops of rain hit it. Even though we don't remember who came to our fourth birthday party, we probably have a vivid recollection from childhood of how the seasons felt; exactly how cool the air was in the summer shade as we drank a glass of cold lemonade. The apparently random details cohere. They form memories that are distinct, unique and eternally fresh.