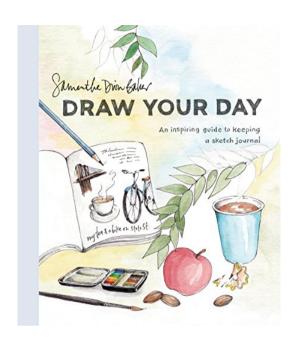
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An instructive guide to creating an illustrated journal based on artist and Instagram sensation Samantha Dion Baker's unique creative process, featuring information on materials, creative inspiration and instruction, prompts, and helpful tips and tricks. Samantha Dion Baker is a widely admired and followed artist on Instagram, where she shares her "sketch journal," an illustrated daily record of her life, drawn in a fresh, modern style. In Draw Your Day, Baker guides you through her inspirational practice and provides guidance for starting your own. Part instructional guide and part encouraging manifesto about how making art--even art that's not museum-worthy--can make your life more mindful and meaningful, Draw Your Day is ideal for both seasoned artists looking for fresh inspiration, as well as aspiring artists who need a friendly nudge to get started.

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