

Conscious Creativity: Look, Connect, Create

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"Crammed with practical ideas, inspirational images & creative exercises, Conscious Creativity leads the reader through the process of establishing what kind of creative you are..." - Mslexia

"The purpose of this book is to enable you to look at things in an alternative and more substantial way, so that you arrive at composition through genuine interest." - Juno magazine

"Philippa Stanton is passionate about people connecting to their innate creativity and has distilled these incredible techniques and ideas on how we can tap into that. Philippa is a massively successful Instagrammer at @5ftinf and yet she is only too aware how these little two dimensional squares can limit our experiences and restrict our creativity, so it's not without a little irony that she's written a book to encourage people to step away from their screens and connect more with the 3D world. It's a fascinating subject and I wholeheartedly recommend the book for anyone who's working in the creative industry or is curious about the world around them." - Sophie Robinson (DIY SOS, the Great British Interior Design Challenge, This Morning)

How often do you notice the texture of a painted wall or the scent of a friend's house and, importantly, how they make you feel? Connect your observations and your emotions and transform your creative practice with this essential toolbox packed full of exercises, tips, stunning images and personal experiences from dynamic artist Philippa Stanton.

There is creativity in all of us, but it can easily be buried beneath our everyday concerns, or need a spark to bring it back to life. Whether you've lost your mojo or just need some fresh ideas, artist and photographer Philippa Stanton's lively guide will stimulate your imagination and reinvigorate your creative life.

Conscious Creativity will help you fully appreciate what is around you, opening all your senses to the beauty you may not notice every day, and showing you how to capture it. Simple, engaging exercises that encourage observation and experimentation will give you an insight into your own aesthetics as you take a conscious step to note the colours, shapes, shadows, sounds and textures that fill your world and how they make you feel.

Bursting with practical ideas and inspirational images, Conscious Creativity shows you how to unlock your potential, learn to use your natural curiosity and take a leap into the most creative time of your life.

Philippa Stanton is a professional artist and photographer with more than 20 years' experience of creating and teaching art. She holds popular workshops and teaches courses online, while the inspirational qualities of her imagery have attracted more than 400,000 followers for her @5ftinf account on Instagram. Clients attracted by her work have been as diverse as Green & Black's chocolate, travel company Tui and The History of Modern Biomedicine Research Group. Philippa lives in Brighton, UK.

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"Wanting to get a bit more creativity going in your life, but not sure where to start? Philippa Stanton's book, Conscious Creativity, could be just what you need - with daily practices offering specific instructions to get you in touch with your senses." - Made for Mums

"Philippa is passionate about people connecting to their innate creativity and has distilled these incredible techniques and ideas on how we can tap into that." - Sophie Robinson Interiors

"Packed with joyful wisdom, this fascinating title invites readers to open their eyes to the beauty of ordinary things and connect with their creative impulses." - Craft Focus

"A few flicks through Conscious Creativity and you're sure to get your crafting mojo back in next to no time." - Papercrafter

"This new tome is packed full of mindful craft exercises, tips, stunning imagery and personal accounts. The book aims to help readers to fully appreciate what is around them, opening up their senses to the beauty they may not notice every day, and showing how to capture it through crafts." - Your Home

"Sometimes it's easy to fall into a crafty rut, so Philippa Stanton reveals how to get your mojo back, with simple yet beautifully illustrated exercises to help you find inspiration in everything around you." - Crafts Beautiful

"So much colour in one book! I love the daily practice prompts, to encourage you to go and create."
- Betty magazine

"A creativity guide, prompting visual and visceral experiences, which sit alongside memory and abstract thinking." - Psychologies

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