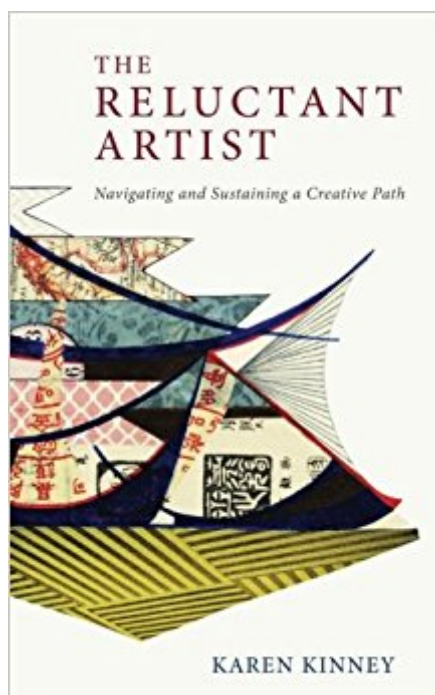


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# The Reluctant Artist: Navigating And Sustaining A Creative Path



## Synopsis

Karen Kinney has taken insights, observations, and learning gleaned from over ten years working as a professional artist and compiled it into a book meant to inspire and encourage all who are on a creative path. Both for those firmly established in a career and those just starting out, she reminds us of the value of creative expression and provides important keys to aid in its development.

Addressing aspects of the creative life not frequently acknowledged, *The Reluctant Artist* reminds us that creativity thrives best in an outside-of-the-box environment and that value for what we do as artists must be intrinsic, first and foremost. Experiencing reluctance at points along the way merely acknowledges that challenges are par for the course when pursuing a dream of any kind. True success in the arts could be summed up by a simple refusal to give up - our part is to be faithful, to return and try again. Whether you are an artist yourself, or have creative inklings somewhere inside that have yet to be expressed, *The Reluctant Artist* offers guidance and inspiration that will leave you feeling empowered and freshly motivated to release your creativity into the world.

## Book Information

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## Customer Reviews

*The Reluctant Artist*, Karen Kinney does not simply present a how-to manual for being an artist. Instead, she weaves insightful vignettes about creativity and the creative process into a richly colored tapestry of inspiration for any aspiring artist.-Melanie Sklarz, [creativity blogger, DoseofCreativity.com](#) Karen beautifully articulates what often isn't taught in most formal schools of art or even professional work settings...the wisdom and insights she offers are as essential as the tools and techniques of any creative craft. -Diahann

Reyes-Lane, "A writer" "A Karen Kinney gives valuable direction, deep insight, and wise counsel to anyone pursuing art as a profession.-David Sandum, "A painter, philanthropist, author of I'll Run Till the Sun Goes Down" "A This is a book to read again and again, to share and discuss with others, and to gift to any burgeoning creative souls for nourishment and guidance along their journey.-Casey Robards, "A collaborative pianist, faculty, Central Michigan University Though each artist's process varies, Karen reassuringly illustrates commonalities in which most artists can see themselves, offering encouragement to stay the course with greater confidence.-Krista Machovina, "A visual artist and curator" "A This groundbreaking book gives permission to every artist to honor the creative space of their self-expression." "A Bravo to Karen for providing the reasons for us all to dive in and find the deeper meaning in our lives and in the joy of self-expression!-Mary Campagna, "A visual artist, owner of Studio Collette" "A Karen beautifully navigates the life and soul of an artist.-Evan Meyer, "A founder of Beautify Earth" "A In The Reluctant Artist, Karen Kinney does not simply present a how-to manual for being an artist. Instead, she weaves insightful vignettes about creativity and the creative process into a richly colored tapestry of inspiration for any aspiring artist.-Melanie Sklarz, creativity blogger, DoseofCreativity.com Karen beautifully articulates what often isn't taught in most formal schools of art or even professional work settings...the wisdom and insights she offers are as essential as the tools and techniques of any creative craft.-Diahann Reyes-Lane, writer Karen Kinney gives valuable direction, deep insight, and wise counsel to anyone pursuing art as a profession.-David Sandum, painter, philanthropist, author of I'll Run Till the Sun Goes Down This is a book to read again and again, to share and discuss with others, and to gift to any burgeoning creative souls for nourishment and guidance along their journey.-Casey Robards, collaborative pianist, faculty, Central Michigan University This groundbreaking book gives permission to every artist to honor the creative space of their self-expression. Bravo to Karen for providing the reasons for us all to dive in and find the deeper meaning in our lives and in the joy of self-expression!-Mary Campagna, visual artist, owner of Studio Collette Karen beautifully navigates the life and soul of an artist.-Evan Meyer, founder of Beautify Earth Though each artist's process varies, Karen reassuringly illustrates commonalities in which most artists can see themselves, offering encouragement to stay the course with greater confidence.-Krista Machovina, visual artist and curator

Karen Kinney is a professional artist whose work has been in numerous solo, group, and juried exhibitions, both nationally and internationally. In addition to her installation and mixed media work, she is also an advocate of public art and beautifies communities through mural painting. She has a

Masters degree from the University of Chicago and lives in Los Angeles with her husband. Learn more at [karenkinney.com](http://karenkinney.com).

Savor this book if you need a boost in your courage to pursue your own artistic life... Karen is a gentle writer who will inspire you to continue to go deeper with how you perceive yourself as an artist and open up new vistas of inspiration all around you.. Another reviewer said she was too old for this book. I am almost 70 and I found it to be very affirming. Reading a short chapter with my coffee every few days made me feel "lighter" each of those days and almost as though I had a new "permission" to pursue what I wanted to do in my art rather than what was on the "to do" list. New inspiration, new freedom.. no new materials list necessary. Can't beat that. I particularly found her attitude toward her responsibility as an artist to contribute to her community interesting... new to me, as were several other things discussed. Put it on your kindle reader and keep it handy for a walk in the park.. Short chapters and excellent topics would make it a good book for an artists group discussion.

this book will touch the creative spirit on many levels...I thought Karen was writing just to me about many of the artist challenges ..her insight and personal experience is helpful to the beginning as well as the established artist...not a 'how to do it 'but help in how to live the creative life..open on any page for encouragement as well as validation . it's easy to feel isolated ,being an artist, Karen gives permission to be the creative person you know you're meant to be.

"People make art because they can't not make art. It is who they are," this particular line from "The Reluctant Artist" really hit me. I wrote it down and come back to it frequently to remind myself that creating art is a part of who I am. As someone who regularly convinces myself that I need a regular job or need to choose a business that will make money, I find my innate desire to create art gets pushed into the background or suppressed. And then I find when I have done this enough, I fall into some apathetic state of monotony.This book is the antidote to the pitfalls of self-doubt and the bible for embracing the creative self. I really felt a strong sense of encouragement from Kinney as well as a deep level of support to embrace my creative self. I wholeheartedly believe this book is a must for anyone looking to honor what is in their hearts.

I ordered my copy of The Reluctant Artist after hearing several friends speak so highly of it. I ordered it and the day it arrived, I opened it and thought I would take a "quick" glance at it and put it

on my nightstand with a few other books "in line" to be read. The books there are the ones I am anxious to read and are coveted. It surprised me to watch myself pick up Kinney's book and leaf through it for a better idea of it, only to sit down and read it straight through several chapters, bumping all the other ones out of the way! I could not put it down. I am currently writing a book and Kinney's book reminded me to use my authentic voice and that my work as an artist, in their case a writer, is important to share with others. I feel inspired and encouraged by her through her book. I run small women's groups as part of my private practice as a psychotherapist and plan to utilize this book in my groups. I have never done that before but feel inspired and enthused to share this one.

Kinney's book is well-written and provides an intriguing discussion of the inner life of an artist. Not being an artist myself (I work in a relatively non-creative field), it was interesting to learn more about the creative process and the inner satisfaction that comes from creating. In addition, it was inspiring to learn from Kinney's experience about how art can meaningfully impact people's lives in unexpected ways. Highly recommended.

Ms Kinney has written an excellent guide on the perspectives and disciplines critical for developing, then sustaining creativity over a career. While she has focused on what she learned in her experience as a visual artist, I find the principles she's articulated apply to those in any industry using creativity to change/challenge/confront the system with a goal to better the public good. It's a good read and an important message. Educators, activists, artists (and the imaginative, idealistic business types)...#TakeCareOfYourself #MakeArtForYourself

The book gave me a new appreciation for the creative process, with its management and motivational challenges. I resonated particularly with such comments as [p.43] "...encouragement is all the more important in creative pursuits where the direction is not always clear and external reinforcement is infrequent.", [p.52] "If a community of artists isn't readily apparent where you live, try seeking it out....Camaraderie truly does wonders to provide a sense of shared understanding and support.", and [p.65] "But fortunately, creativity is like a pilot light. It is always burning even if the heater it powers isn't running." I came away with a new appreciation for artists and creatives of all sorts!

Author Karen has written an incredible book. Her voice is her own and it has a different timbre than Julia Cameron, Luci Shaw or Steven Pressfield. I admire all of those writers, don't get me wrong. But

Karen brings a raw perspective, one that delivers immediate comfort to the disarray that I promise accompanies my own art. She celebrates chaos and that lack of polish that comes with the discovery of one's calling and voice ... though her writing is polished. I found myself disarmed and ready to receive her wisdom. Give it a read. You won't regret it!

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