



# Change Your Life One Doodle at a Time: Creative Exploration from the Silly to the Serious

*Salli S. Swindell*

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**Change Your Life One Doodle at a Time: Creative Exploration from the Silly to the Serious** Salli S. Swindell

**Explore your inner artist through 150 empowering art prompts!**

*Change Your Life One Doodle at a Time* is a fully illustrated, interactive art journal. It's about embracing change in many ways, and seeing it as a positive force—from changing your attitude to changing your habits, and changing your perspective to changing your lipstick. Change is constant, change is inevitable, and change can be fun!

Featuring 150 empowering art prompts, Salli S. Swindell will engage and inspire you to think about change, and to embrace it rather than fear it. *Change Your Life One Doodle at a Time* is a playful, colorful exercise book will be filled with fun, contemporary, beautiful illustrations as well as insightful quotes from leading thinkers and artists.

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