



## SARK's Journal and Play! Book

S.A.R.K.

[Download now](#)

[Read Online](#) ➔

# SARK's Journal and Play! Book

S.A.R.K.

## SARK's Journal and Play! Book S.A.R.K.

Sark invites the journal writer to compose his/her own creative companion through gentle instructions and playful directions toward artistic freedom. Your "inside child" will peek out to want, wish, find pleasure, and amaze you. "We need your creative spirit in action," says SARK, "because there is only one of you. . . . So share your dreams and let them get really big."

## SARK's Journal and Play! Book Details

Date : Published October 1st 1993 by Celestial Arts (first published September 21st 1993)

ISBN : 9780890877029

Author : S.A.R.K.

Format : Hardcover 176 pages

Genre : Self Help, Inspirational, Nonfiction, Art

 [Download SARK's Journal and Play! Book ...pdf](#)

 [Read Online SARK's Journal and Play! Book ...pdf](#)

**Download and Read Free Online SARK's Journal and Play! Book S.A.R.K.**

---

# From Reader Review SARK's Journal and Play! Book for online ebook

## Debbie Hoskins says

I received or bought this for cheap at an American Library Assoc. conference. It has helpful prompts to get you writing and drawing. I'm finding it helpful as a log of where I am creatively. I work on it periodically. It's by my baby book and my medical record journal.

---

## Suzanne says

SARKLove everything she does. Thank-you Cathy for introducing her to me!

---

## HeavyReader says

I love this journal.

The size is great, 8 1/2 x 11, big, easy to write in (although not so great for portability).

It is full of SARK's drawings and writing suggestions, really helps motivate me to write when I can't think of anything to write about.

I mostly use it as my "therapy" journal. I use it when I need to write my way through something, when I use my writing to figure something out. Because I don't write it in it every day, I still have plenty of blank pages in it nine years after purchase.

Lovely. Lovely.

---

## Juliana Marez says

Bought this series to share with my daughter as she joined the moon lodge.

---

## Karin D'aunoy says

Awesome for a woman who knows she has more to contribute to the world and this book helps you discover what exactly that may look like and allows you the platform to play in life

Great read

---

**Brittany says**

I continue to return to this book a few time a year and discover something new about myself everytime

---

**Jamie says**

Fun, positive, and full of ways to explore and affirm your creativity. This is an interactive creativity journal. I really enjoyed it!

---