



The Book of Doing: Everyday Activities to Unlock Your Creativity and Joy

Allison Arden

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When did you last take the time to do the things you loved as a child: crafts, games, getting your hands dirty? Or feel the same delight and wonder that you took from your favorite childhood activities?

Despite the joy we gained from these pursuits, in our adult lives, we've left them behind—they're too frivolous, we're too busy or too old, and there's too much "real" work to do. It's time to change this mind-set. It's time to rediscover the things you love to do, because they energize, center, and connect you with the world in a meaningful and positive way.

The Book of Doing offers a collection of ideas and activities that encourage you to use your life as a canvas and explore your creativity through everything you do—to create and make, to explore and experiment, to play and build, to paint and cook—to do. Go ahead. Roll up your sleeves and get to it. It's time to do the things that make you happiest.

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