

# ArticuLiaison *Fall 03*

Welcome to the first issue of ArticuLiaison...where I connect you with my very favorite resources for living a fulfilling, creative life!

Artella readers and members of the Articulation mailing list often ask for my advice and recommendations for various products. So, four times a year, I'll compile my very favorite "bests of the best" to share with you.

For some of these products, Artella participates as an affiliate, which means that we get a small commission for referrals made through these links. In these cases, by using these links to check the products out, you're supporting the waltz of words and art!

I've divided the recommendations into 4 categories: Books, Business Resources, Spiritual/Personal Growth Resources, and Nuggets of Creative Inspiration. I hope these suggestions are helpful to you. If I may answer any specific questions about any of them, just sing out!

your Liaison to all things good and wonderful,

*Marney* [Editor@ArtellaWordsAndArt.com](mailto:Editor@ArtellaWordsAndArt.com)

## Section 1 : Books

### *Favorite Books About Writing*



#### [PoemCrazy](#)

by Susan Goldsmith Wooldridge

Reading this book was an amazing experience. Her wonderful stories about writing touched me on a deep level and the writing exercises got me more excited about words than I had ever been. This is one book I read over and over and always get something new from it.



#### [Wild Mind: Living the Writer's Life](#)

by Natalie Goldberg

This book's subtitle is just right. It's a very inspiring read about what it really means to be a writer, deep in your soul. Goldberg has wonderful stories to tell about her own development as a writer that made me feel like I was not alone in the solitary lifestyle of a writer. She also has a way of presenting writing exercises that really challenged me to ask more from myself and my commitment to expressing myself through writing.

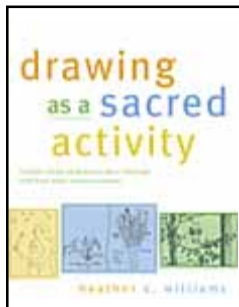
# Favorite Books About Art



## Life, Paint and Passion

by Michele Cassou and Stewart Cubley

This book centers around the idea of art as spontaneous expression, and it really opened up my mind to accepting my own untrained artsy experiments as being “real art”. The new confidence I got from this book propelled me to take more artistic risks and dive further into my potential as an artist. It’s an easy book to read with lots of great color illustrations.



## Drawing as a Sacred Activity

by Heather C. Williams

I’m working through this book now, and finding it a very non-threatening way to become more comfortable with drawing. The exercises are aimed toward exploring feelings and consciousness, but there is also a lot of help and encouragement for improving one’s “eye” and skill, as well.

# Favorite Creativity Books



## The Artist's Way

by Julia Cameron

I recently wrote an article about groups of opera singers who worked through the exercises in this book (which are organized into 12 weeks of activity) and realized how versatile this book is. It’s not just for writers and artists -- it’s for any person looking to reclaim a sense of higher spiritual creativity. It’s beautifully written and full of **TANGIBLE** tools to make an immediate difference in your creative life.



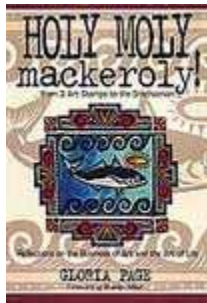
## The 12 Secrets of Highly Creative Women

by Gail McMeekin

The subtitle of this book is “a portable mentor” and that is exactly what this book feels like. McMeekin introduces you to lots of wonderful creative women, in many disciplines, so we can hear their stories and secrets. I really enjoyed this book and felt like I came away with some some wonderful tidbits to enhance my creative life.

# Favorite “Art as Business” Book

## [Holy Moly Mackeroly: From 3 Art Stamps to the Smithsonian](#)



by Gloria Page

I just finished reading this book and wish I had found it years ago. This is an unusual book because it's part memoir, part “how to”, part inspiration. Put all those parts together and you have the wonderful wise voice of Gloria Page telling you of the real-life journey of her artistic cardmaking business. I'd recommend this book as a **MUST HAVE** for anyone who dreams of making a living with art. The best part is -- she'll tell you that you **CAN** do it!

## Favorite Pleasure Reads



### [The Law of Love](#)

by Laura Esquivel

Written by the author of *Like Water for Chocolate*, this is my favorite novel. It is lusciously written and includes elements of art and music, as well. I can't recommend the experience of this book highly enough.



### [Kite Strings of the Southern Cross](#)

by Laurie Gough

The best vicarious reading experience of my life. It's hard to pinpoint the genre for this amazing book; it's travel writing meets lyrical poetry meets self improvement. This is the captivating memoir of a young woman who travels across the world to bizarre locales and strange edges of the earth. I found it impossible to remain unchanged by this powerful, funny, insightful, sweep-me-away book.

## Section 2 : Business Resources

## Favorite Marketing Resource



### [Authentic Promotion](#) by Molly Gordon

This eBook (which Molly Gordon also presents as a comprehensive eCourse) absolutely changed the way I viewed marketing forever, and I continue to put the techniques in her book into practice with Artella every single day. It is overflowing with ideas and very do-able techniques for promoting one's work in an authentic, heart-motivated way.

# *Favorite Resource for Starting an Internet Business*



## **Strike It Niche!**

Though you might not know it from my artsy demeanor...LOL...I actually read a lot of business books. I truly think this new eBook is quite a breakthrough. It reveals easy-to-use, comprehensive blueprints for 70 high demand, low competition niche businesses you can start on the Internet, immediately. I was lucky to get a sneak peak at this book and I was thoroughly impressed. This book would have saved me hundreds of hours of research time, had I known about it a year ago!

# *Favorite Web Hosting Package*



## **Site Build It (SBI)**

SBI is the extraordinary product that I use for Artella's Web host, site builder, autoresponder and ezine mail server, and e-marketing mastermind. It's just one product that contains all of the above and it has surpassed my expectations on every single front. If you'd like to know more about SBI, just ask...I love talking about this product.

## **Section 3 : Spiritual/Personal Growth Resources**

# *Favorite Life Coach*



## **Jennifer Louden**

I was first drawn to work with Jennifer because I had read her best-selling books, but as I participated in her coaching group for writers, I became quickly aware of the fact that her gifts far extend beyond writing books. Jennifer's effective and encouraging coaching really helped me zero in and successfully clear several of my creativity obstacles. There are three great ways to connect with Jennifer: her new "Comfort Secrets for Busy Women" e-course; a meditation retreat she is leading in Santa Barbara in February, and she is currently interviewing prospective clients for her one-on-one life design and creativity coaching practice. Find all the info at her Web site and tell her that Marney sent you!

# *Favorite Spiritual Program*



## Prosperity Partnership Program

I have been a member of this program for almost a year, and it has helped me take leaps in my understanding of prosperity and money as a source of universal energy. I highly recommend the two-week free trial (no further obligation) to anyone who is looking to deepen their awareness of their own gifts and ways to flow greater gifts of abundance toward them.

## Section 4 : Nuggets of Inspiration

# *Favorite E-zine*



## "The Joy Letter" from HowMuchJoy.com

This ezine by Suzanne Falter-Barns is my very favorite ezine and I always look forward to its arrival. It's free and fantastic. (Also take a look at Suzanne's "Live Your Joy" eBook, below.)

# *Favorite eBooks*



## The Awaken Your Interior Designer Collection

I worked on writing this set of eBooks for over a year, and I'm really proud of them. Published by Home Decorating Made Easy.com, these are not your every day "how-to" books. The content is infused with spiritual, imaginative inspiration to guide you in creating unique living environments that are totally aligned with your individual spirit and style. Go visit the eBookstore and check out the free offer for 72 pages of "Awaken Your Interior Designer"!



## Living Your Joy by Suzanne Falter-Barns

Subtitled, "How to Find the Time, the Money, and the Energy to Turn Your Dream Into Your Life", this eBook is a self-study course that guides you through making major changes in your daily life so that your life supports your dream! Artella is a direct product of my work with the 24 lessons in this book. I highly recommend this value-filled book.

# Favorite Art Zines

I adore every single art zine I've been lucky enough to get my hands out, but these three stand out as my faves:



**Art Erratica**  
**(“AEZ”)**

Funky & edgy, an interactive CD-ROM comes with each issue.



**Artitude**

Fantastic articles!!!  
Consistently awesome art! Great zine!



**The Gleaner**  
**(email for details)**

Full of goodies, every page is like opening a Cracker Jack box.

# Favorite CDs



I love music and my “Top 10” list would probably be different every single time you asked me. But here are my top 10, today (click each CD cover for more info.):

1. Tuck & Patti, “Paradise Found” - My favorite folk duo gets totally funky on this album
2. Nat King Cole, “The Unforgettable” - Every song’s a classic!
3. Manhattan Transfer, “Offbeat of Avenues” - Vocal jazz album that energizes me in 2 seconds flat!
4. Enya, “Shepherd Moons” - One of my favorite art studio companions
5. Josquin des Prez - Jacob Heringman plays the lute in 16th century settings. Magical!
6. Legends of the Fall - My favorite movie soundtrack...epic, sweeping, mysterious
7. The Maury Yeston Songbook - Wonderful composer/lyricists of little-known musicals  
Every song on this album is a winner.
8. Betty Buckley, “Heart to Heart” - Betty B. is my favorite female vocalist, and in this album she excels in every genre: Broadway, pop, classical, jazz, country
9. George Winston, “Forest” - This is a very stirring CD, one of my favorite CDs to write by because the mystical music gets my imagination moving
10. Yours truly, Marney K. Makridakis, “Canyons of the Heart” - Well... I love this CD because I had a blast recording it and I wrote all the songs based on poems my husband wrote. How could I not include it in my top 10...I’m a true romantic!