

Books

WHAT TO READ THIS MONTH

Survival guide

Australian artist and tutor, Elena Parashko, will be known to *Leisure Painter* readers for her articles in the magazine on oil painting, and on coloured pencils in *StartArt*. *Survival Guide for Artists* is her first book and explores ways to unlock your full potential to thrive in the creative arts. Elena's easy writing style is divided into short sections that make the journey smooth to follow. Part one deals with overcoming your fear of the blank canvas and ends with a plan of action that you can tailor to your needs. In fact, each subsequent chapter, covering such subjects as developing your artistic voice, dealing with isolation, setting 'smart art' goals, and planning your creativity, ends with an action plan so that you can really take charge of your own development and move your art forward in the direction you want it to go. There is a great deal of sensible advice here – not just for pursuing your artistic career, but for life in general. On the question of luck, for example, Elena writes: "The concept of luck is really a myth. It's often a case of learning to recognise opportunities, doing the work to prepare yourself for them, and being brave enough to seize them when they do come along." This book prepares the groundwork to enable you to make your own luck.

Survival Guide for Artists by Elena Parashko. RedDot Press (s/b), £11.25. Available from Amazon.

