

# BESTSELLER

## Painting From The Source

Remember the joy you felt as a child when you finger-painted or watercolored and let your imagination run wild? Perhaps you drew vibrant flowers, animals or monsters. Did you know that you could experience that same artistic freedom by getting in touch with the creative source that's inside everyone? In the tradition of *Drawing On the Right Side of the Brain* and *The Artist's Way*, artist and therapist Aviva Gold demonstrates how anyone can use painting as a means of ecstatic self-expression and personal transformation. In *Painting From The Source: Awakening the Artist's Soul In Everyone* (HarperPerennial; Paperback), Gold, with co-author Elena Oumano, gently guides both novices and trained painter alike on a step-by-step journey toward self-knowledge.

"Every human being is an artist," says Gold. "As children, all of us lived and painted intuitively. Creativity is supposed to be easy, fun, enriching, life confirming, and joyous, with no anxiety and end results. Many of us are cut off from that effortless expression." Gold reminds us that we are our own worst critics and that we stifle our own creativity with intellectual doubts. In *Painting From The Source*, Aviva Gold, using artistic talent and her experience in psychotherapy, helps us to rediscover our creative side using a blend of spiritual, artistic, and psychological elements.

Gold helps us tap the "source" – the instinctual center in each of us. Once we reach the source she gives us hints on

staying with it while painting. Some things to keep in mind are:

- Paint absolutely anything you want – no matter how grotesque, pretty, corny, babyish, silly or obscene.

- Use all the paint you want – and take all the time you need.

- There are no restrictions – you can be as messy as you want, drip paint on the floor, mix any colors together, make the paper any size or shape, or hang it in any position.

- Avoid listening to music while you paint – at least in the beginning. Music exerts a powerful effect on your entire system – from physical to mental, from spiritual to emotional.

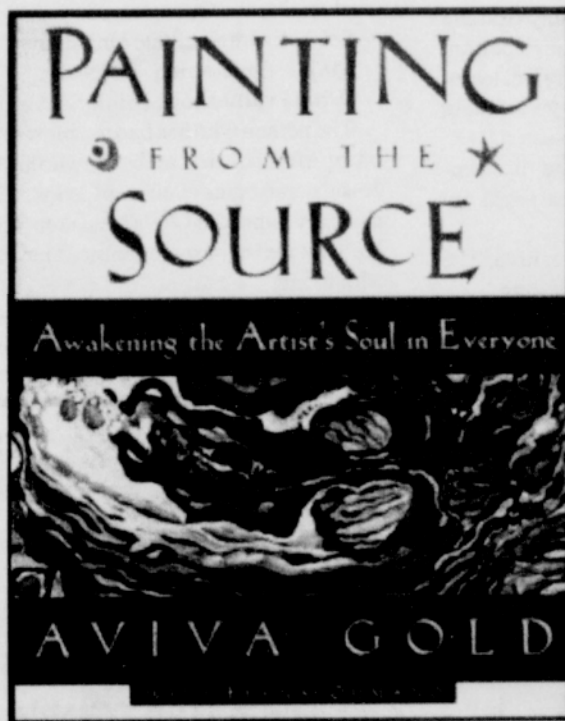
- Stay indoors while you paint – at least until you are well-connected to the source.

- Avoid interruptions – don't answer the phone, turn off the ringer and turn down the answering machine.

*Painting From The Source* will inspire the novice to put brush to paper, and help the experienced painter to rediscover the passion for painting that he or she might have lost.



Aviva Gold author of *Painting From The Source*.



## Where the Heart Is

(Oprah's Book Club #20) Billie Letts

Reviews and Commentary

The tribulations of 17-year-old Novalee Nation, daughter of the Tennessee trailer parks, make up a surprisingly long, none-too-subtle tale. The story opens with pregnant Novalee, abandoned by boyfriend Willie Jack Pickens, living in a small, dusty Oklahoma town's Wal-Mart. After she is discovered writhing in labor and rushed to the hospital, Sam Walton (Wal-Mart's late, billionaire owner) offers her a job. Conveniently, her housing dilemma is solved, too, when she moves in with the local eccentric with a heart-of-gold. The rest of the book (300-plus pages) follows the next five years in the lives of Novalee and her daughter. We meet more idiosyncratic yet lovable characters and learn the fate of Willie Jack.



## May I Kiss You on the Lips, Miss Sandra?

Sandra Bernhard

Reviews and Commentary

Here is Sandy as we know and love her – and as we've never quite seen her before: Heartrendingly honest, with the mouth of a diva, the soul of a fighter, and the insight of a girl who has lived life big. Like a whisper in your ear, Sandy opens up her world: from her friendship with her loyal housepainter to her imagined history as one of Jack Kennedy's lovers; from the sensual streets of Mogador to the comfort of her pristine L.A. bungalow; from her own poetry of romantic yearning and reflective prayer to dead-on truths brought to light in the heartbreaking and hilarious glow of fashion, celebrity, rock, and spirituality. There is nothing Sandra Bernhard offers that doesn't deliver a pungent snap of truth and the surprise of unexpected emotion in this, her most revealing and entertaining book yet.



## Children's bestsellers



- 1 *Today I Feel Silly and Other Moods that Make My Day* by Jamie Lee Curtis and Laura Cornell
- 2 *The 20th Century Children's Book Treasury* by Janet Schulman
- 3 *The Hork-Bajir Chronicles Animorphs Series* by K.A. Applegate
- 4 *The Giving Tree* by Shel Silverstein
- 5 *The Polar Express* by Chris Van Allsburg
- 6 *Rugrats Movie Storybook* by Sarah Willson, John Kurtz (illus.) and Sandrina Kurtz (illus.)
- 7 *Where the Sidewalk Ends* by Shel Silverstein
- 8 *Disney's A Bug's Life Classic Storybook* by Mouseworks
- 9 *Sitting Ducks* by Michael Bedard
- 10 *Arthur's Really Helpful Bed-time Stories* by Marc Brown

## Fiction bestsellers

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|---|--|
| 1 <i>A Man in Full</i> by Tom Wolfe                 | bara Kingsolver  |
| 2 <i>Rainbow Six</i> by Tom Clancy                  | 9 <i>All through the Night</i> by Mary Higgins Clark       |
| 3 <i>Bag of Bones</i> by Stephen King               | 10 <i>Memoirs of a Geisha</i> by Arthur Golden             |
| 4 <i>The Simple Truth</i> by David Baldacci         | 11 <i>Welcome to the World, Baby Girl!</i> By Fannie Flagg |
| 5 <i>When the Wind Blows</i> by James Patterson     | 12 <i>A Night Without Armor</i> by Jewel Kilcher           |
| 6 <i>The Vampire Armand</i> by Anne Rice            | 13 <i>The Locket</i> by Richard Paul Evans                 |
| 7 <i>Mirror Image</i> by Danielle Steele            |  |
| 8 <i>The Poisonwood Bible</i> by Barbara Kingsolver |  |

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