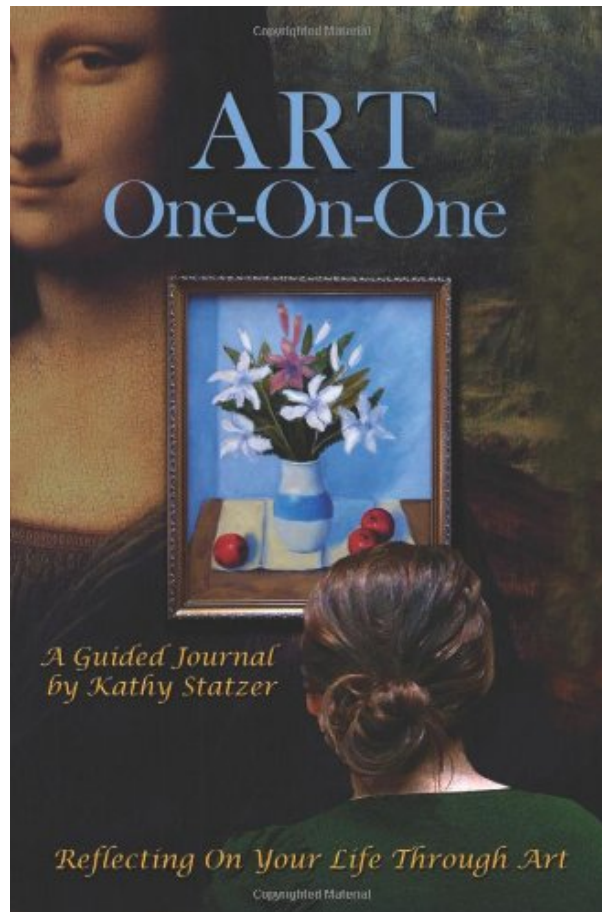
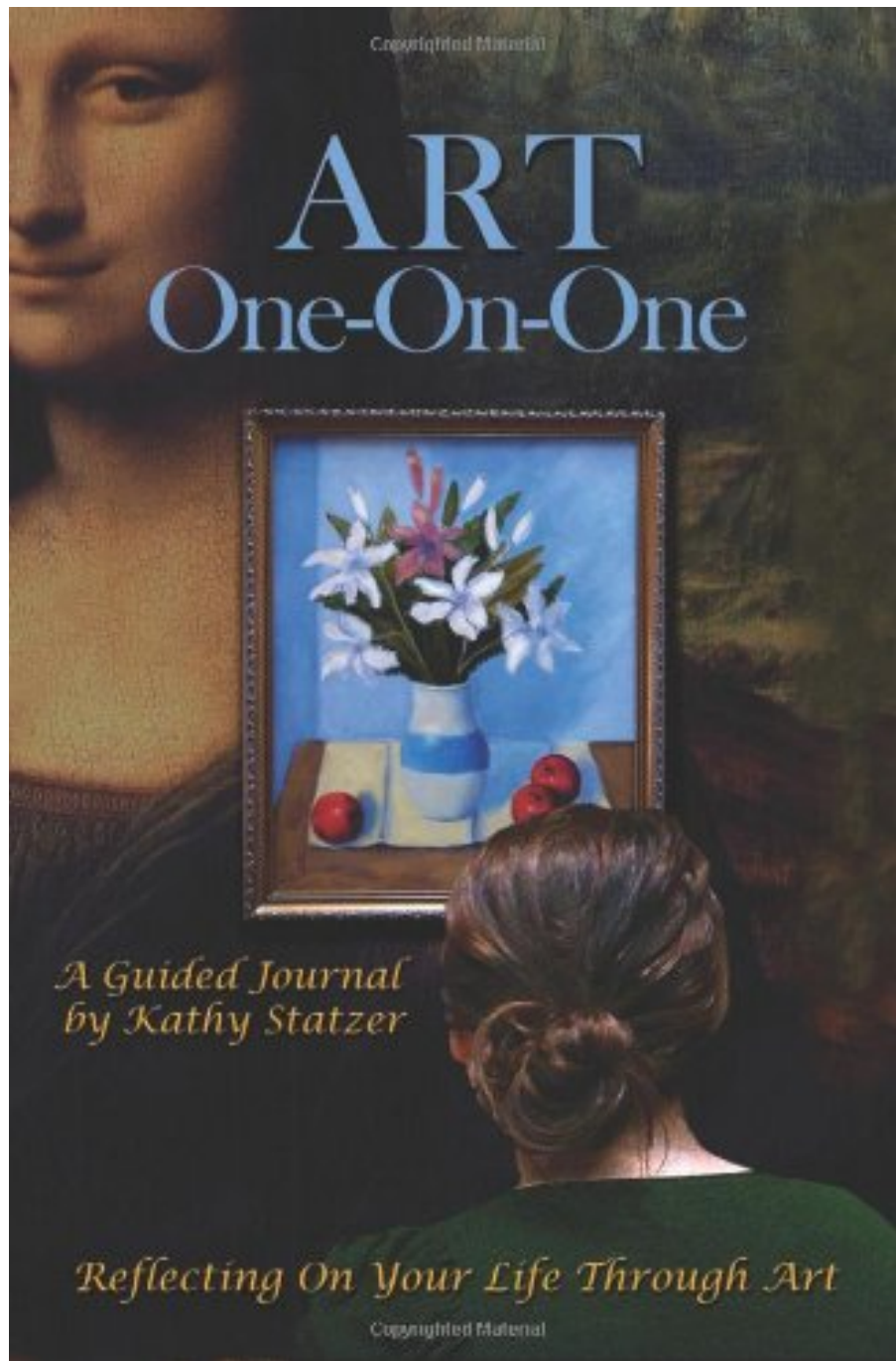


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The story of art is our story. Its questions are our questions. In Art One-On-One, the illuminating process of journal writing and the boundless curiosity of art come together. In this guided journal based on the author's many years of college Art Appreciation teaching, you will be introduced to Western art, from prehistoric cave paintings to Van Gogh's lasting legacy. You will learn about the artists, their major themes and changing styles. These big ideas of art--universal and wise--then focus on you, asking you to reflect on and write about subjects ranging from love to the afterlife, from the divine to the everyday. You will also get practice in looking closer at the beautiful details of your daily life so often gone unnoticed. Art can guide us into a more profound understanding of ourselves, each other, and life in general. Art One-On-One assists you in slowing down, seeing and cherishing the miracle of this wondrous life. Mona Lisa has questions for you!

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2 of 2 people found the following review helpful.

Enjoyable to read and a thought provoking review of western art history

By ALDARON LAIRD

I found Art: One-On-One an engaging, easy read of a subject that I have long shunned as being too dense. The personalized nature of the writing made me feel like the author was sitting with me having a relaxed conversation on how to enjoy art as a way of life. Her enthusiasm and expressions of joy at experiencing art is contagious and refreshing.

1 of 1 people found the following review helpful.

Art One On One Takes Art Journey On A Unique Path

By Northwest artist

As a working artist with a minor in art history, I came to this book thinking it would be an arena I've explored many times over. The artworks that are the subjects for examination and reflection are familiar to me. I've done some journaling, though more on the road, recording impressions while traveling.

Art One on One ART One-On-One: Reflecting On Your Life Through Art took me by surprise, and was able

to challenge what I thought was well trodden territory for me. It is a novel approach to examining art history through your own life lens. Or conversely, exploring your inner landscape through the great works of art. Starting with the cave painters of Lascaux, to the self examined life of Van Gogh, the author seeks out the wonder and humanity of each creation, and forces you to discover the connection to yourself.

This is a well crafted book, and the writing style is fluid and easy to follow, sometimes humorous, other times personally revealing, but always with a warmth and awe for the subject matter that is infectious for the reader (and journaler). I would have loved to have taken an art appreciation class from Kathy Statzer, for how she synthesizes the more formal discussions of art with its connection to us and our contemporary personal lives is a real gift. She makes art a living breathing extension of our own bodies, the true mirror to our souls.

And she is able to do so without a single reproduction! I had no problem with all the art references, as I easily found them on my iPad as I was reading from her book. Even with artwork you know so well you can conjure up an image in your head, it still is very helpful to have a photo readily available to refer to. Those with smart phones, iPods and iPads will find them very useful, as well as the computer.

This book is set up with exercises and prompts that will keep you on a course of self discovery, if you take the time to answer the questions. It would be fun to travel through this book with a partner or friend, or even meeting with friends on a weekly basis to share the self reflections.

1 of 1 people found the following review helpful.

‘Hold still the mirror of your wondrous life’

By Grady Harp

Kathy Statzer is a unique humanist, a woman immersed in loving art and teaching art and bringing those who gather round her pedagogical chair the significance that art can make in our lives. In her biography we learn ‘Initially, she assumed her life's work would focus on the welfare of animals. Then, she took her first art history class. And the love affair began. She immediately knew that she needed to teach this subject, to introduce this life-enriching world to students for, perhaps, their first time. Studying art history also sent her abroad in her younger years and left her with an unquenchable thirst for travel. She has kept this a priority in her life, resulting in her 3 year adventure living and teaching ESL in Kyoto, Japan.’

What this unique book offers the reader is the opportunity to study art history but in a far different manner than most teachers. Her emphasis is on looking and absorbing and writing in a journal the aspects of art that change our lives as well seeing the living space we occupy in an artful way. ‘Journal writing is the process of knowing yourself...Examining our lives, our impulses and intentions, our dreams and confusions, may be our most noble pursuit.’ And a bit later she states, ‘We live in an age of quick and loud communication. And we travel at unsustainable speeds. Still, our human need to peel back our own layers and soulfully connect with ourselves, and each other, has not changed. Art can be our pause’ button and journal writing our ‘playback.’ Even our laptops quiet down and process what they’re taking in. When do we? Our lives are fast. Art is slow. I invite you to enter ART ONE-ON-ONE and hold still the mirror of your wondrous life.’

Other writers have written beautiful books about looking at art – Peter Clothier’s tender and brilliant ‘Slow Looking’ comes to mind first – but the manner in which Kathy Statzer shares her seduction of truly seeing art and relating to it and then adding the incredibly useful aspect of journal writing in response to those experiences makes this a book that is illuminating and one that everyone who cares about art from ancient past to present should read - and write about! It is equal parts art and philosophy of life and therein lies its joy. Grady Harp, December 13

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