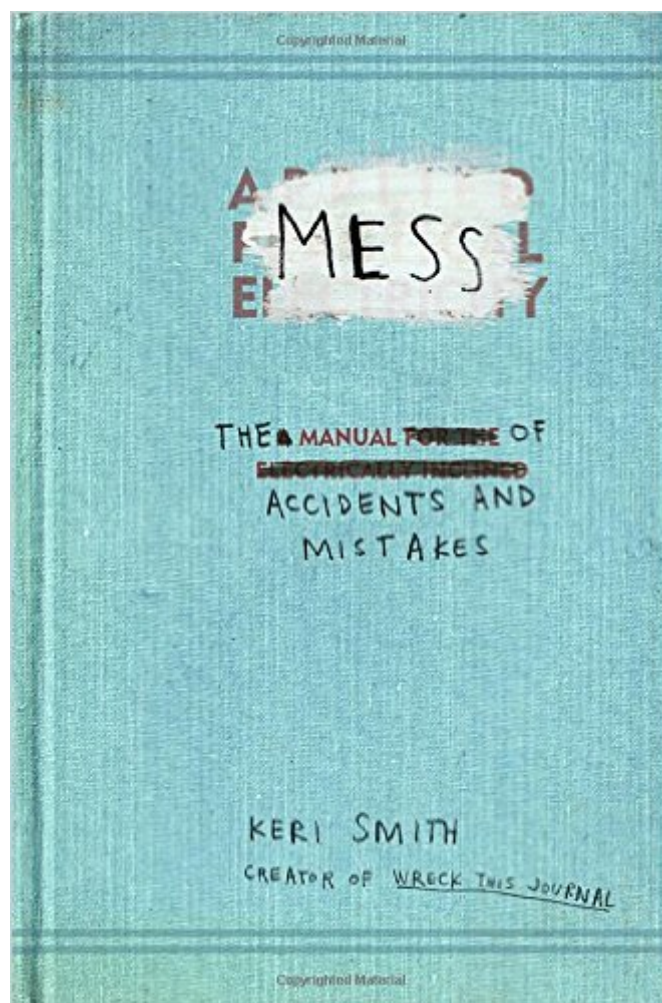


The book was found

Mess: The Manual Of Accidents And Mistakes



Synopsis

From the internationally bestselling creator of *Wreck This Journal*, a book that celebrates mistake- and mess-making like never before...Your whole life, you've been taught to avoid making a mess: try to keep everything under control, color inside the lines, make it perfect, and at all costs, avoid contact with things that stain. This book asks you to do the opposite of what you have been taught. Think of it as your own personal rumpus room. A place to let loose, to trash, to spew, to do the things you are not allowed to do in the "œreal world." •There are only three rules you will find in this book: 1. Do not try to make something beautiful. 2. Do not think too much. (There is no "œwrong." •) 3. Continue under all circumstances. It's time to make a mess.

Book Information

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Journal Writing #183 in Books > Crafts, Hobbies & Home > Crafts & Hobbies > Reference #504 in Books > Self-Help > Creativity

Customer Reviews

The Manual of Accidents and Mistakes arrived in my mail today! I have been anxiously waiting for it, as I love Keri Smith's books. As I looked through it though, I saw that it seems to be an extension of *Wreck This Journal*. Some of the activities are basically the same, just worded differently. I was hoping for something different, something novel; but I am dissapointed that there's nothing "new" in this book.

This is an excellent book. I am a musician and I sometimes have trouble letting go of the expectations I have of myself. Self-criticism can be incredibly debilitating. When you approach anything with a fear of failure, you give up on yourself before you have even started. If you are a little OCD or a perfectionist this book might be of help. Smith encourages her readers to let go and

make a mess. This is also a great book for anyone who needs to get their mind off of something upsetting. With Mess, you will want to get out, live, spend time with your friends, experience and explore your own creative self and the world around you. And you can do so indefinitely because Mess is incredibly long lasting. There are several exercises in this book which I find myself returning to frequently to make additions to. So, you should buy one for yourself or for the person you know who has been told so often to color in the lines that he has lost all interest in coloring. Enjoy.

I've admired Keri Smith's work for a little while now but I'd never tried any of her books. Someone convinced me to check this one out, and after just a few of the activities I was hooked! Sometimes you forget how much fun it is to get down and dirty and make a mess. I particularly loved taping a marker to the end of a long stick and trying to draw with it, as well as the writing mess (write a sentence of each line; cut out strips; recombine sentences to create new poems). It really got me thinking more creatively, sparking more ideas and helping me to get into a more artistic mindset. (Sometimes you need a little push to get the gears turning.) Which I think is the whole point! Some of the activities do get pretty messy (cover the page with something sticky; splatter, drip, and fling; etc) but that's part of the deal. And of course Keri's illustrations are lovely. It's a really beautiful book! (Until you splatter stuff all over it, haha.)

I find this book to be fun, creative, and yes, therapeutic for my OCD. Anybody who suffers with OCD knows that we avoid messes, mistakes, and disorganization about 100 times more than the average person. However, this book makes you do just the opposite, and for some reason it just really helps. When I have this book open, I don't even care about the mess I make, because I'm 'allowed to'. It has become the one and only place in my house (and my whole life) that I can be messy and disorganized, and I actually enjoy it. I know that my real life will still be orderly, but whenever I'm stressed I can come to this book, either to 'work' on it, or just to look through the pages that I've already done. I don't know how to explain why it helps so much, but if anyone reading this suffers with an anxiety disorder, I seriously urge you to try this book; it's better (and cheaper) than therapy. And if you're a 'normal' person, then I would still recommend it. It allows you to be creative and just do weird messy stuff! And it might really help on one of those 'down in the dumps' sort of days, too. Try it!

While I much prefer the "Wreck This Journal" books (both sizes), this one is more for the intellectualizer of the bunch. You can keep yourself contained more easily and, when you're not in

the mood to stomp on your journal, "Mess" is the ticket. With more room to write than destroy, this Keri Smith creation is a precursor - almost a warm-up - to the 'Wreck This' books. Recommended for those who might think outside the box but don't always like to write that way!

I love this book! The prompts are tons of fun and great for people (like me) that tend to be perfectionists. My only complaint is that the pages are really thin and the book itself is not very durable. This is okay for some things (like getting over my fear of ink bleeding through pages), but if you want to get as messy as the book suggests, you might not have much of a book by the end. After a week of using it, half of my pages are falling out. I guess that does add to the mess, but I would definitely like it to be more durable.

I got this book recently and didn't know about the author's previous one. I mentor an 8 year-old girl and we have much fun doing this together. She particularly loved the page that states all the "do nots" such as Do Not Tear this Page, Do Not Scribble over this page, Do not etc. as obviously it's made to be done! Every time we meet we have a blast, such as yesterday, with cracking an egg over a page, smearing it, specially the yolk, then adding ink. So not just for adults but for kids also, although they need close supervision as they make a mess indeed. I also work on it myself here and there, and find it a good way to get rid of the fear of the white page, and a great jump start when it's time to get creative (I'm an illustrator/graphic artist). That said, I only give it 4 stars because some of it can be repetitive. Also the book pages are not a good support for a lot of the suggestions: "Bury your book for 3 days" or "Leave it in a rainstorm", well, I'll be curious to see in what state it turns out after these experiments. I understand that it would make the book more expensive if the publisher made it with heavier paper, but the quality used is basic and flimsy for the abuse it must take. That said, it's certainly fun, forces you to think out of the box, and can be just plain exciting.

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