



1 Page at a Time: A Daily Creative Companion

By Adam J. Kurtz

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Every day is a chance to create something new for yourself. Put down your phone and pick up a pencil. Give yourself some space. The Internet will still be there. Start with one page at a time, and you'll be surprised at just how much you can create.

Each of the 365 prompts in *1 Page at a Time* will encourage you to draw, write, list, reflect, and share. It's a journal, scrapbook & anything else. This book is your new best friend. It's whatever you say it is. Slowly fill the book and by the time it's done, you'll have a perfect keepsake of the year you made it through.

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THINGS ARE WHAT YOU MAKE OF THEM: Life Advice For Creatives

- Insights and inspiration for anyone who makes art (or anything else), from the popular author of *1 Page at a Time* and *Pick Me Up*. Available October 2017.

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Editorial Review

Review

Full of whimsy, wit, and cute doodles, *1 Page at a Time* is the perfect inspirational tool, journal, and way to get to know yourself better. - ***Powell's Staff Pick***

The hefty creative journal is a product of Kurtz' bold perspective on human emotion in our contemporary world. *1 Page at a Time* ensures that you'll find encouragement, entertainment and inspiration in its pages. - ***HOW Magazine***

Perfectly silly, thought-provoking, and uplifting. - ***BuzzFeed***

A funny and conversational take on the process of working that is a must for any creative. - ***Urban Outfitters Blog***

Life is stressful; welcome to adulthood. When that work project becomes too much, when that argument blows up in your face, or when you're just feeling blue and need a serious dose of inspiration -- Adam to the rescue. This page-a-day journal creatively stimulates you through 365 prompts, from list-making to doodles, that will be a serious stress reliever when you need it. - ***Bustle***

From the Author

A tough year became the inspiration for *1 Page at a Time*. It's an introspective journal with a sense of humor, at times sarcastic, optimistic and anxious, with small notes and reminders tucked in. But it's not me, it's you - pushing you to really think about who you are right now and what you want to be. It's a slow climb in a fast internet world, and proof that you're going to (literally) make it through the year, even if that feels impossible now.

The best part about this book is that though it's a solo journey, the hashtag in the book connects you to thousands of other people all around the world (it's been published in several languages now). You might find a penpal, or you might just realize that we're all facing our individual challenges together.

About the Author

Adam J. Kurtz (aka ADAMJK) is a Brooklyn-based artist and author whose first book, *1 Page at a Time: A Daily Creative Companion* has been translated into fifteen languages. In addition to personal work, he's collaborated on products for retailers such as Urban Outfitters, Strand Bookstore, and Fishs Eddy, and made work for companies including Pepsi, Adobe and the *New York Times*. In 2016, he was named one of *PRINT Magazine's* "15 Under 30" New Visual Artists.

Users Review

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Lorraine Briggs:

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Earnest Koontz:

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