



The Art of Play: Ignite Your Imagination to Unlock Insight, Healing, and Joy

Joan Stanford

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At forty-two, Joan Stanford—a busy mother, innkeeper—discovered, to her surprise and delight, a creative process for insight and healing that allowed even her, a self-proclaimed “non-artist,” to start making art. In *The Art of Play*, Stanford shares her journey through art and poetry as an example of how taking—or, more appropriately, making—time to pay attention to the imagery our daily lives presents to us can expand our awareness and joy, and she offers readers suggestions for how to do this for themselves, inviting them to embark on their own journey.

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