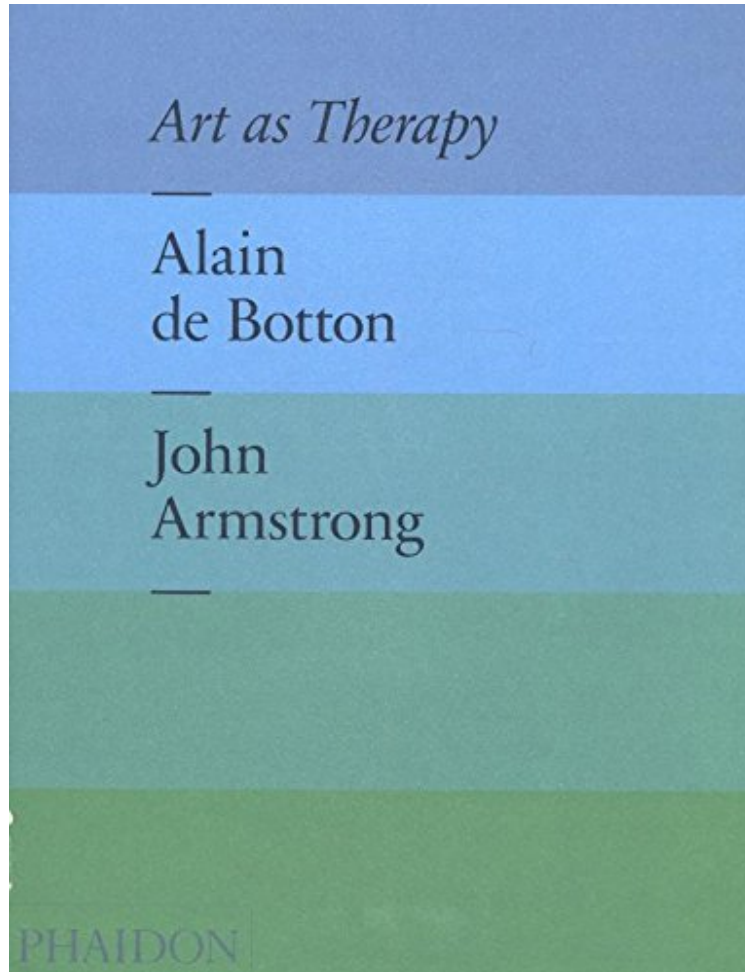


Art as Therapy

Alain de Botton, John Armstrong

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Alain de Botton, John Armstrong : Art as Therapy before purchasing it in order to gage whether or not it would be worth my time, and all praised Art as Therapy:

23 of 24 people found the following review helpful. If you enjoy art or want to enjoy art, this is a must read. Excellent!By Carolina KatharineDoesn't get better than this. Most books about art are flat, condescending, basically showing off the author's smarts. This book is very accessible to anyone who loves art and for anyone who has an interest ranging from professional to collector to novice. An intriguing take on humanity in art and how we communicate with art and how modern life dictates our understanding. Thoughtful, enlightening, refreshing, beautiful! Well edited, beautiful lay out, keenly developed and a book that is enjoyable to read over and over again. Brings a sense of discovery to the art viewer. Makes me want to head the nearest museum! Would make an excellent gift for anyone, whether for the holidays or as a thank you.14 of 15 people found the following review helpful. Fresh, but perhaps not fully baked?By C. TuckerI very much enjoyed the first part of de Botton's new book, which he calls

"methodology". In this section, he elucidates 7 areas of the human condition commonly addressed in art (suffering, love, etc.). This section reads as a very moving meditation on old ideas brought into very thoughtful new focus. After this section ends, though, I felt de Botton lost his way a bit. The remainder of the book feels less deeply thought-out, as if maybe he was writing for a looming deadline (which is rather doubtful, given his excellent track record of publishing successful books, and his personal fortune). The book disappointingly veers off into a persuasive essay on how public art should be displayed and considered, and stops being fresh and original. I was left wanting to re-read the first chapter, and wishing de Botton and his co-author would re-write the remainder. The book is beautifully constructed, and the illustrations are worth the price of the whole thing. It's certainly worth reading, even if it does leave the reader wishing for less political opinion, and more thoughtful discourse on the nature of art and healing. 22 of 24 people found the following review helpful. Ahhh.....By Kathleen This book is so different from others I have read. Here, art is not about history, not about technique. It is about the relationship between the viewer and the work. Art - either viewed or practiced - has depths of wisdom and perspective to impart. This is so delicious a book, that I limit my time with it, to make it last. Very interesting. Beautiful artwork.

"What is art's purpose? In this engaging, lively, and controversial new book, bestselling philosopher Alain de Botton and art historian John Armstrong propose a new way of looking at familiar masterpieces, suggesting that they can be useful, relevant, and above all else therapeutic for their viewers. De Botton argues that certain great works offer clues on managing the tensions and confusions of everyday life. Chapters on Love, Nature, Money, and Politics outline how art can help with these common difficulties for example, Vermeer's Girl Reading a Letter helps us focus on what we want to be loved for; Serras Fernando Pessoa reminds us of the importance of dignity in suffering; and Manet's Bunch of Asparagus teaches us how to preserve and value our longhyphen;term partners. Art as Therapy offers an unconventional perspective, demonstrating how art can guide us, console us, and help us better understand ourselves."

"One of the most intellectually exciting books I have read this year. . . full of illumination and insights. . . The four teenagers to whom I gave the book have all been thrilled by the sense that art isn't the preserve of high priests. Best of all, I took my student son to the Rijksmuseum and, utterly absorbed, he said he would never look at art the same way again. De Botton is throwing open a door and doing what art ought to do: making us think and feel afresh. I hope many people step through it." The Times "A highly optimistic vision. . . roams widely through subjects as immense as love, nature, money and politics. De Botton and Armstrong's examination of love is most rewarding." Royal Academy of Arts "Asking the questions that always swirl through your mind when striding around Tate Modern. . . Art as Therapy massages the mind in all the right places." Vanity Fair on Art "Its like going back to college, but in a good way. . . A little bit like dipping in to a modern day Gombrich albeit through the eyes of Oprah. . . A really entertaining and thoughtyphen;provoking look at the role that art plays or could play in our lives. . . Part philosophy, part art history, the book takes work that is considered by many to be lofty and rarified, and relates it to our everyday lives. [Art as Therapy] makes the reader consider the work far more intensely and deeply than perhaps we otherwise would." A Little Bird "A true meditation on the power art has to transform our lives." The Mayfair Magazine "The beautifully designed and illustrated book, Art as Therapy argues for a new way of using art to help us with a variety of psychological ills." The School of Life "About the Author" Alain de Botton (b.1969) is the author of bestselling books in more than 30 countries, including The Consolations of Philosophy, How Proust Can Change Your Life, Status Anxiety, and most recently Religion for Atheists. He founded The School of Life in London in 2008, which supplies good ideas for everyday life in the form of courses, classes, workshops and talks. In 2009 he founded Living Architecture, which aims to make highhyphen;quality architecture accessible to everyone. John Armstrong (b.1966) is a British philosopher and art historian based at Melbourne University. He is the author of five wellhyphen;received books, including The Intimate Philosophy of Art, Conditions of Love: The Philosophy of Intimacy, and In Search of Civilisation: Remaking a Tarnished Idea."