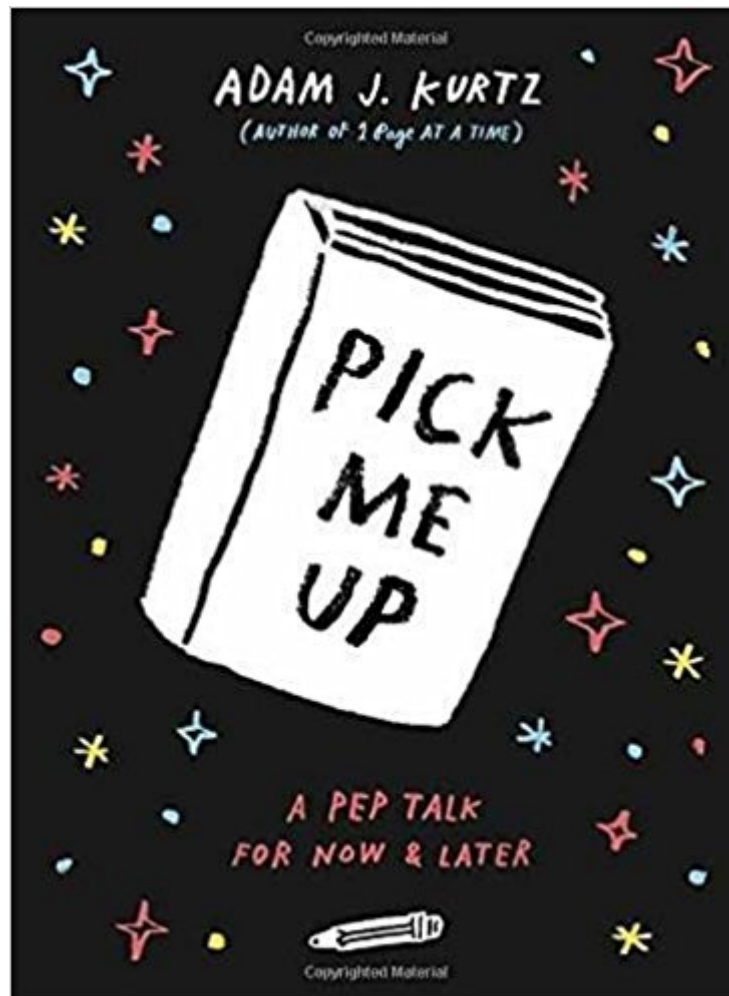




The book was found

# Pick Me Up: A Pep Talk For Now And Later



## Synopsis

An intimate and engaging journal that offers a pick-me-up on every page. Are you Feeling lonely? Pensive? Peeved? Questioning? This deceptively simple book offers perspective, hope, and a twist of existential metaphor - and is perfect to pick up again and again. Unlike a linear journal, this book can be opened up to any page, encouraging and engaging readers time and time again through continued use. Rather than simply complete tasks and turn pages, users are encouraged to leave their mark, and if they land on the same page days or weeks later, they can review, reflect, and revise their previous response. Perfect for anyone who loves to explore ideas, record thoughts and feelings, and capture those fleeting but amazing moments of everyday life.

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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.

## Book Information

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Average Customer Review: 4.8 out of 5 stars 84 customer reviews

Best Sellers Rank: #23,168 in Books (See Top 100 in Books) #8 in Books > Religion & Spirituality > New Age & Spirituality > Self-Help #33 in Books > Self-Help > Journal Writing #116 in Books > Self-Help > Creativity

## Customer Reviews

"This self help journal lets you draw your own pep talk - Pick Me Up is riddled with advice, quirky illustrations, and questionable dad jokes. By poking fun at society's unrealistic expectations surrounding eternal happiness, Kurtz instead works to assist his readers in arriving at their own unique pursuit of contentment..." -VICE

"Adam J. Kurtz is master of the playful, lightweight mood booster." -BuzzFeed

"A new spin on the self-help genre." -NYLON

"Full of sound advice, self-care, modern-day anxieties, cautious optimism and dark comedy." -Cool Hunting

"This book is helping me live my best life and Adam J. Kurtz is my fave therapist!" -Tavi

Gevinson, Editor-in-Chief, Rookie "I am so grateful to have Pick Me Up in my life. It saves me so much money on therapy and is way more fun anyway. Stay in, order a pizza and scribble your way out of that deep dark hole." —Michelle Branch, musician —"Adam J. Kurtz is a magician: the alchemist of paper and pencil, rendering our inner lives visible, tactile and full of potentiality. He reminds us that creativity is the coolest of all resources--infinite, fun, free--and that we are blessed to have it." —Melissa Broder, author of So Sad Today

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.

I received this book today, but I already know that's it's going to become a go-to activity book/journal/therapy sesh. Full of creative prompts and drawings, with funny and sad existential humor, *Pick Me Up* is something you're going to thank yourself for purchasing. Adam JK is an artist who is just straight up super talented at his job, whatever his job is.

Doing a random flip through *Pick Me Up* has become a nightly routine for me and my husband. Sometimes we make notes on the randomly chosen page and shut the book before the other can read it. Other times the prompt sparks a fun or thoughtful conversation. We haven't happened upon any pages that we've already written on yet, but I'm excited for when we do! Thoroughly enjoying the relatable pep talks given by Adam - it's truly unlike any other daily journal I've ever encountered. I'm positive I'll be making use of *Pick Me Up* for years to come.

I really enjoy using some of the worksheets in here with my high school students. The content isn't too young or too old and my students find it pretty fun.

Another great book from Adam J Kurtz! This book has a lot of the prompts that make one page at a time great + new & creative prompts that definitely cheer me up! Fun book for yourself or to give as a gift!

Kurtz does a great job at creating interactive, fun, and thought provoking pages. I don't usually write in books I own, but this one you have to! I love just opening to a page reading the one line of instructions and then going at it. Helpful to get out of a stuck mindset, to move you forward, all the while having a bit of fun. Recommended for those who need a bit of a pick me up!

this book is like that friend who is like "wtf are you doing?!?!? but also here is a space to figure your life out without falling into a deep pit of internet induced despair, use paper and pen and sort out your feelings you sweet tender dummy" i take this book to bars like i would take that friend to bars when i feel like everything is just a little bit off and i need a little realignment. thank you!

i love adam's work and have been a major fan for years. i've bought everything from t-shirts and pencils to mugs, balloons, pins, and planners from this guy and i've never been disappointed with any of it. pick me up is no different! it's such a fun little workbook/journal/companion to carry with you everywhere or sit down and complete a few pages at a time. it's a fun gift - and even more fun to do alongside someone else!

A wonderfully well crafted book to keep you grounded in the times where it feels like your life has no direction.

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