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## ***Mixed-Media Self-Portraits: Inspiration & Techniques***

**Cate Coulacos Prato**

Self-portraits can take any form, whether fabric, sculpture, metal assemblage, shrines, journals, a medieval mask, or an embroidered box of affirmations and wishes. Today, self-portraits are not only a way for artists to learn about themselves and their art, but also a means to creating and finding community with other artists. Many artists who create self-portraits will participate in self-portrait challenge “get-togethers” on the web, blog about their experiences, or test out ideas and get instant feedback and recognition through online communities.

In ***Mixed-Media Self-Portraits*** (Interweave, \$22.95), this unique art form is investigated through essays, fun exercises, and reflections that inspire readers to achieve their own original pieces.

Featuring artwork from a wide range of contributors, readers will find visual inspiration through examples of collage, fiber arts, and mixed-media artwork while essays act as a guide to personal and artistic self-discovery. Step-by-step techniques and creative prompts are used to direct artists through various approaches to creating self-portraits while exercises utilizing collage, drawing, photography, and stitching jump-start the creative process and get ideas flowing on paper and fabric, encouraging artists to express themselves in new ways.

“The self-portrait is a powerful tool that can effect change and growth, tell stories, and promote connections with others as an invitation to view the unconditional self,” says author Cate Coulacos Prato. “As an artist, your career in self-portraits allows endless experimentation with the physical elements of art, but also leads into a gateway of alternate realities, to the person you fantasize about being or want to become.”

***Mixed-Media Self-Portraits*** begins with a look at the history of self-portraits, famous self-portrait artists, self-portraiture today and how artists use web journals to gain exposure, plus how to use the medium as therapy. To help artists take the first steps toward creating a self-portrait, warm-ups exercises are provided to help them explore, loosen up, and learn a few tricks

of the trade. Then readers move into hands-on instruction for creating self portraits through art dolls, collage, photography, fabric books, cloth masks, assemblages of found objects, even a photographic art quilt, complete with step-by-step instructions.

**MIXED-MEDIA SELF-PORTRAITS: INSPIRATION & TECHNIQUE**

**Cate Coulacos Prato**

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8½ x 10¼ • paperback • 128 pages • 100 photographs

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**About the author:** **Cate Prato** is the features editor for *Quilting Arts Magazine* and *Cloth Paper Scissors*, and previously wrote for The Boston Globe. It's no surprise her first book is about self-portraits: After being raised an only child, Cate doesn't consider "self" a four-letter word. Cate has pursued a career in writing, primarily features, since she was young. She lives in West Boylston, Massachusetts.

**About Interweave**

Interweave, a unit of Aspire Media, is one of the nation's largest and most respected arts and craft media companies, with businesses in magazine and book publishing, online media, television and video programming, directories, and events. The Interweave Publishing Group features 18 subscription magazines and many more special interest newsstand publications sold on newsstands nationwide. Interweave has more than 250 books in print and annually publishes about 40 how-to books on the same subjects as the company's magazines. Additionally, Interweave produces several major events for fiber and bead, gem, and jewelry making enthusiasts and has an extensive Internet network of more than 30 websites and daily e-mail newsletters. Interweave is the proud sponsor of three craft television series airing on PBS: *Quilting Arts TV*, a fresh, contemporary quilting program, *Beads, Baubles, & Jewels*, public television's only how-to program for beading and jewelry making enthusiasts, and public television's newest show for knitting and crochet enthusiasts, *Knitting Daily TV*.

Linda Ligon founded the company in the 1970s when she began publishing *Handwoven* and *Spin-Off* magazines. Since then, the company has grown to employ more than 100 people throughout the country, with corporate headquarters located in Loveland, Colorado and other offices in New York, New York, Malvern, Pennsylvania, Santa Fe, New Mexico, San Diego, California and Stow, Massachusetts. For more information on Interweave, visit [www.interweave.com](http://www.interweave.com) or call (970) 669-7672.

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