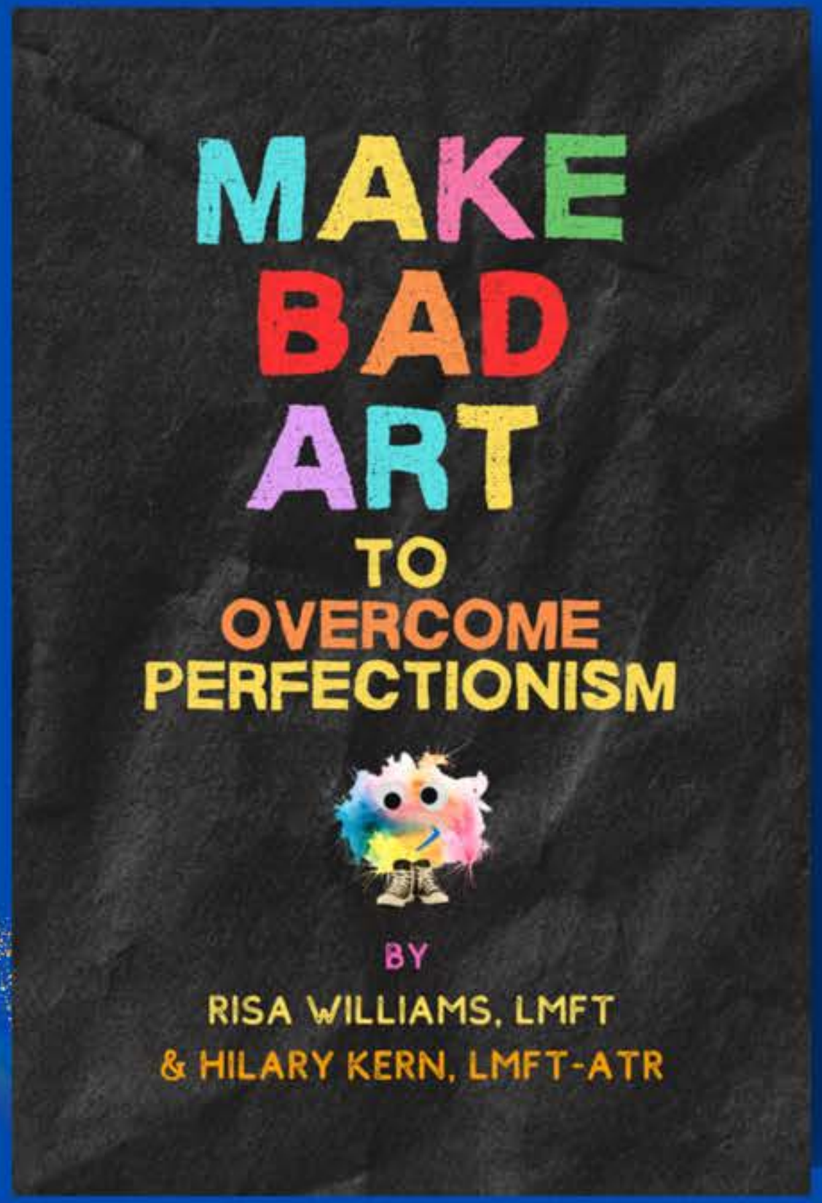
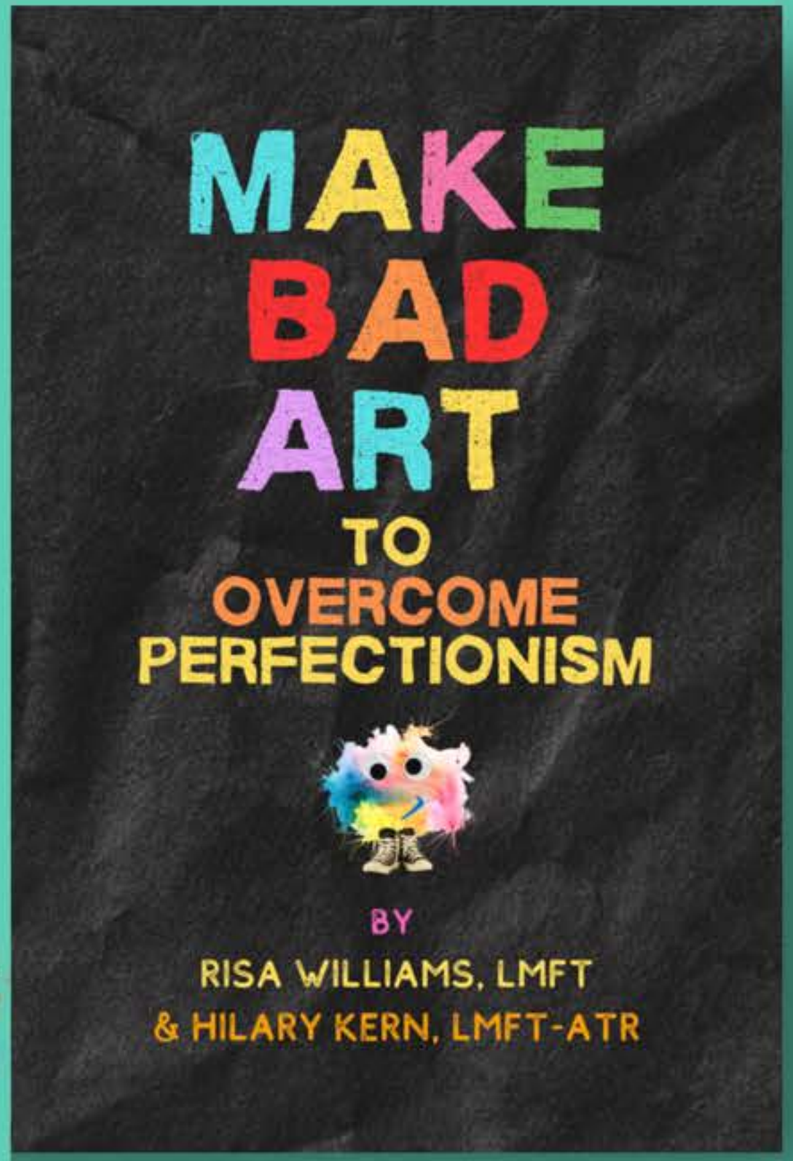
Book Card Game Merchandise



The Bad Art Book & Game

HOW TO OVERCOME PERFECTIONISM AND HAVE FUN AGAIN

by Risa Williams, LMFT
and Hilary Kern, LMFT



The Bad Art Book

actual bad art from book

What if the cure for procrastination and perfectionism wasn't grit and discipline...but glitter glue, googly eyes, tinfoil birds, and making the worst art of your life...on purpose?

This is at the heart of our new illustrated self-help book, **The Bad Art Book:** When we intentionally do creative activities that are **silly, messy, and imperfect**, we can lower our everyday stress, free ourselves from our own inner critics, and tap right into a state of joy and fun, right at our fingertips!

by Risa Williams, LMFT and Hilary Kern, LMFT

The Bad Art Book

actual bad art from book

The introduction helps readers better understand how perfectionism gets us stuck, and provides fun activities and tools to help move past common roadblocks. The rest of the book is a **wild flip-book ride** of **"Bad Art Challenges"** like The Bad Whodunnit, The Bad Masterpiece, The Rock Friend, or Make a Tinfoil Bird...all designed to trick your brain out of fear, and back into the fun creative flow. **Readers can make bad art into a game by keeping score on their own or in a group with friends**! With its 'choose your own adventure' format, the book naturally sparks readers' playfulness, letting them bypass any sneaky inner critics and perfectionistic tendencies.

by Risa Williams, LMFT and Hilary Kern, LMFT

The Bad Art Book

actual bad art from book

- **Backed by neuroscience facts** and rooted in the authors' extensive clinical work.
- Helps people to get off their phones and to get messy in everyday creative ways (no experience required)!
- Challenges include a mix of writing, drawing, movement, multimedia, photography and performance **to encourage a wide array of bad art in all forms for all ages and personality types.**
- Not another boring, heady self-help book, **but an innovative hands-on approach to self-development that can boost confidence, stimulate creativity and spark joy!**
- Can be used as **a creativity journal OR a fun party game.** For all ages, kids to grown-ups, groups and individuals, and great for team-building events.

The Bad Art Authors

Risa Williams is a licensed therapist, award-winning author, speaker, artist, psychology professor, and time management specialist. She's the author of six self-help books including: Get Stuff Done Without the Stress, The Procrastination Playbook, The Ultimate Anxiety Toolkit, and The Ultimate Self-Esteem Toolkit. She hosts The Motivation Mindset Podcast and has been featured in Forbes Magazine, Business Insider, Wired, and Wondermind. Two of her books, Get Stuff Done Without the Stress, and The Ultimate Self-Esteem Toolkit, have won Living Now Book Awards. She leads workshops at Google Campus, worldwide summits, and at various universities in Los Angeles.

Risa & Hilary also made all the bad art in this book

Hilary Kern is a licensed therapist, registered art therapist, certified professional coach, teacher and painter. For 15 years, she created, directed and co-authored Dance For All, a social skills program and curriculum designed for neurodiverse teens and adults through Arts & Healing Initiative. She currently coaches creative and helping professionals to find their voice, power and joy so that they can create a sustainable impact in uncertain times. She's a lifelong Am"bad"sador of Bad Art to celebrate humanity in all its imperfections and expressions.

Merchandise

bad art card game

- A party game for 2-8 players
- 50 Cards and Timer included

COLLECT THEM ALL:
TOYS TO INSPIRE THE
BAD ARTISTS INSIDE
OF US!
TOYS!
bad art
merchandise

#badartparty
#badartevents
#badartchallenge
BAD ART NIGHT
join the bad art community