



Foolsgold: Making Something from Nothing and Freeing Your Creative Process

Susan G. Wooldridge

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In this personal, inspiring guide to a creative life, Wooldridge shares her own journey of the heart—from loss and grief to a return to wholeness and joy. Offering poetry exercises, journal writing, and other practices to encourage creative play—including foraging and assembling collages with found objects—*Foolsgold: Making Something from Nothing and Freeing Your Creative Process* will motivate you to reevaluate what's most important in your world.

Through intimate stories about transforming what life brings your way, the book will help open your heart to more creativity—DELIGHT AND VITALITY—whether it's through photography, dance, gardening, cooking, songwriting, or poetry. *Foolsgold* includes dozens of suggestions to help you free the artist within by cultivating a creative lifestyle that will not only expand and inspire you but may also ground and heal you.

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