

Notebook Exercise



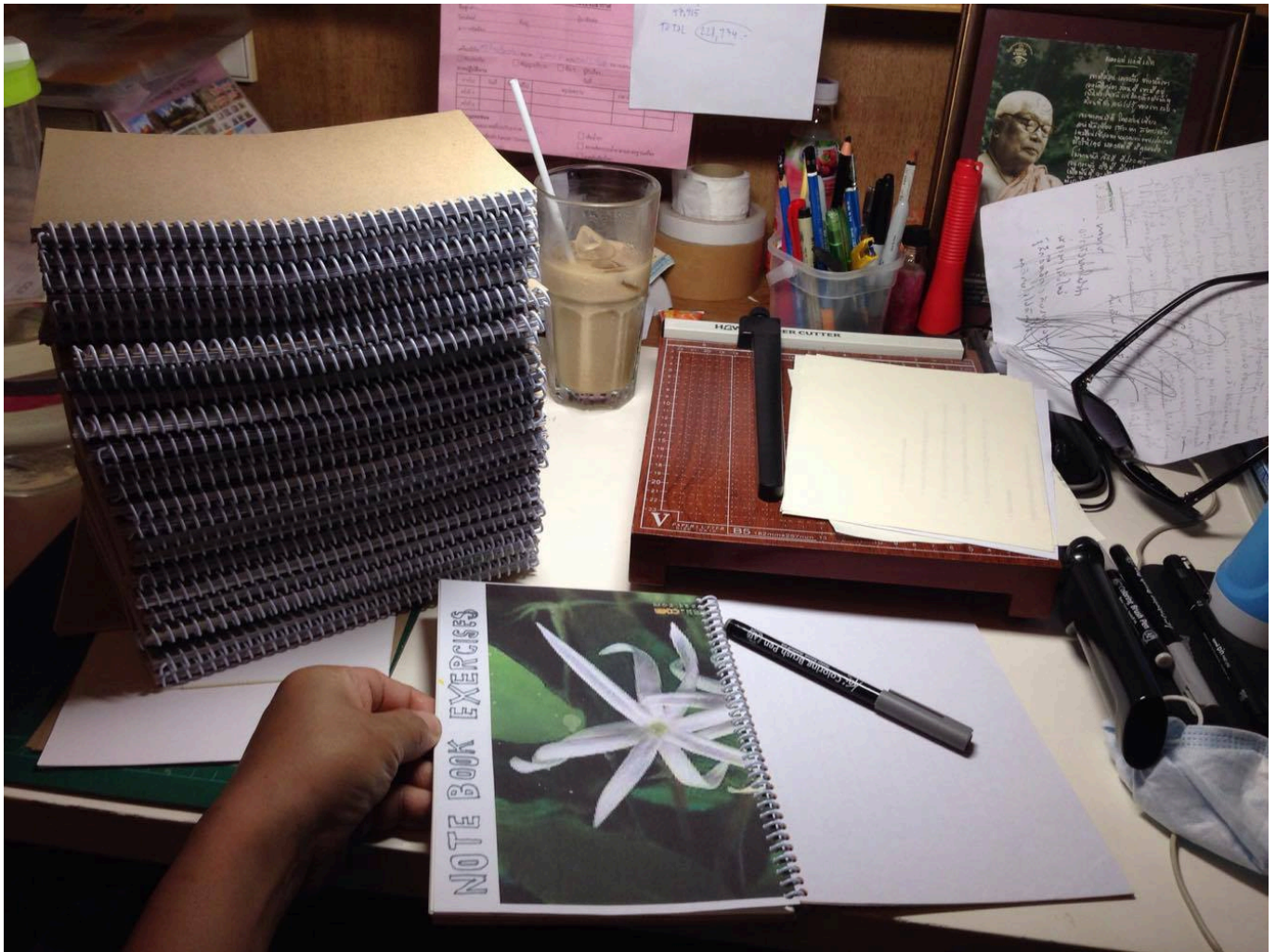
Do It Yourself (D.I.Y) is a term that has become increasingly popular in recent years. It refers to the practice of creating or repairing something yourself, rather than buying a pre-made product. This can range from simple tasks like fixing a leaky faucet to more complex projects like building a house. The D.I.Y movement has gained momentum because it allows people to save money, learn new skills, and take pride in their work. It is also a great way to spend time with family and friends. There are many resources available for people who want to learn how to do things themselves, including books, websites, and YouTube videos. The D.I.Y movement is a testament to the power of human ingenuity and the desire to create something of our own.

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Artist's Exercises are a series of tasks designed to help artists develop their skills and creativity. These exercises can range from simple drawing exercises to more complex projects like creating a full-length painting. The purpose of these exercises is to help artists learn how to use their tools and materials, and to develop their own style. There are many resources available for people who want to learn how to do these exercises, including books, websites, and YouTube videos. The Artist's Exercises are a great way to spend time and learn something new.

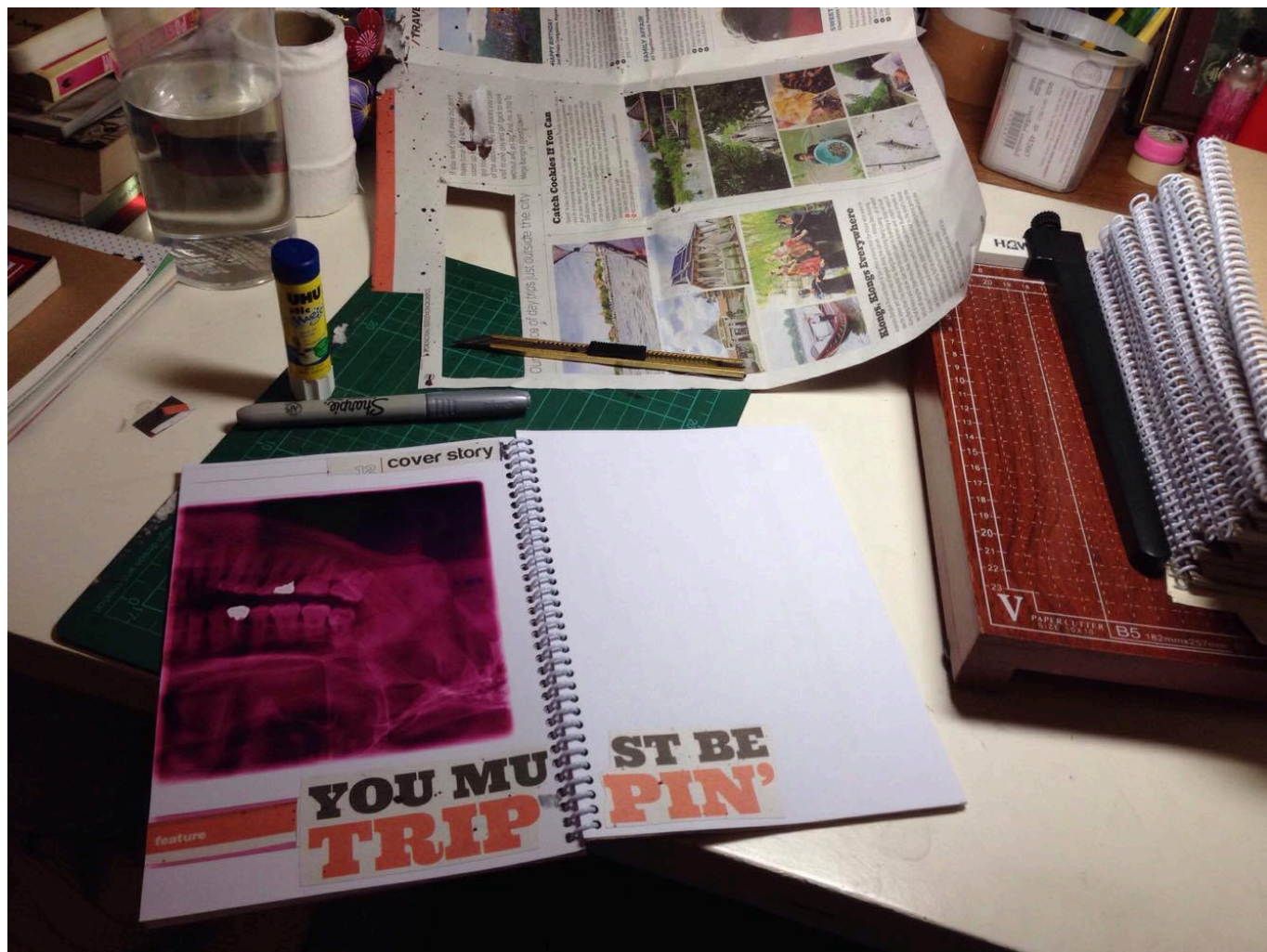
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This notebook is made from recycled paper, which is the main idea of work. In the process, paper is cut in the same size and form, then collected and sewn. The objective is to realize that that waste paper still maintains value. Each type of paper needs painting with different kind of materials. Recording, memories, inspirations, collected experience, seek and find feelings by freely writing down even more drawing overlap on the same page in order to reform the creation. For this practice one can be inspired to consider through the outer surroundings and inner oneself.

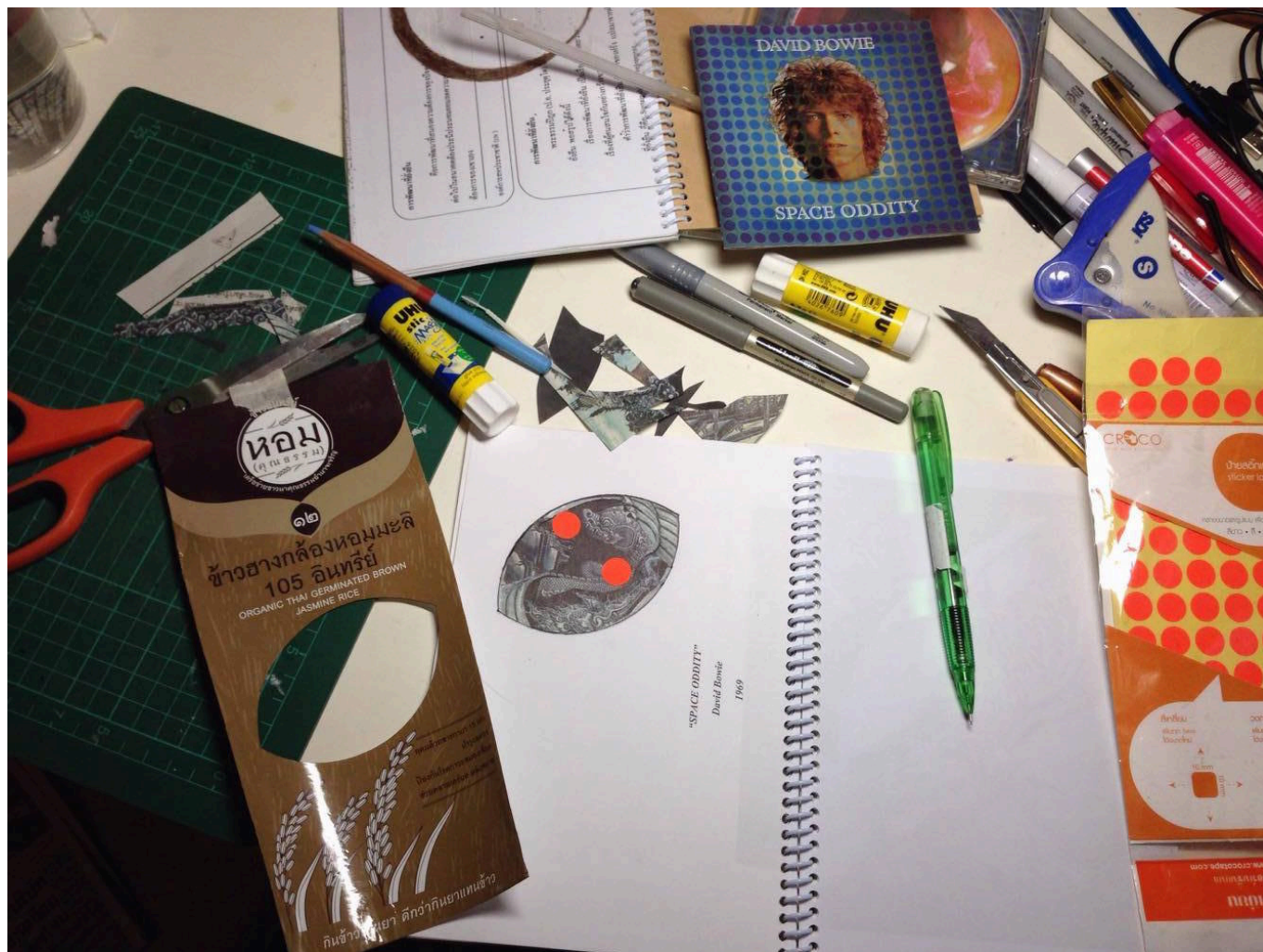


Please welcome everyone to make a creation of their own notebook from recycled paper with a Do-It-Yourself simple method. Consider the idea of "Bring Back for Better Re-use". By this process, knowledge will be passed on to those who are interested about how to design as well as producing hand-made notebook. This 38-pages notebook is expected to be the point of experience exchange that will be shared to others in the future.













Date: 06-06-2016

A5 format with 38 pages of recycled paper

Designed in Chiang Mai

Earth tone recycled paper and e collage: Various kind recycled paper.

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Made in Thailand