

Altered Book Art Journal

BY: Mou Saha

Learn how to transform a hardcover book into an art journal with some basic crafting tools and supplies you may already have. From how to choose the right book to finished art journal pages, Mou Saha will walk you through every step of the process.

MATERIALS NEEDED:

- Brother Scan N Cut 2
- Faber-Castell Design Memory Craft Gelatos® Colors: Cotton Candy, Green Tea, Guava, Lemon, Metallic Melon
- Faber-Castell Design Memory Craft Gesso
- Faber-Castell Design Memory Craft Gel Medium
- Sakura Color Products of America Gelly Roll® Classic™ Fine Point White
- Ranger Acrylic Paint Dabbers Gold Metallic
- Scotch Precision Cutter with Ceramic Micro Tip
- ½” Flat Paint Brush
- #4 Round Paint Brush
- Scrap papers - old book pages, junk mail, magazine/catalog pages, patterned papers, etc.
- Book for altering
- Ruler
- Cutting Mat
- Heat Gun
- Pencil
- Water
- Paper towels
- Baby Wipes
- Paper Clips
- Binder Clips

INSTRUCTIONS:

Choosing a book:

Because of its text and images, a book provides an interesting substrate for an art journal. Book selection is a very personal decision but keeping in mind these five factors will help: cover, binding, condition and size.

1. A hardcover book is easier to personalize because it is stronger.
2. The book spine must be intact to hold up to the alterations you'll be making.
3. The pages should not be brittle because you want your art journal to last.
4. The flatter the pages lay when the book is opened, the easier they are to work on.
5. Too big a book is harder to handle. Too small provides little space. Find the sweet spot in between. I prefer something like 5 ½” x 8 ½” x 1” but it need not be that exact.

Prepping the book:

Altering a book into an art journal will make it bulkier and the added weight will break the spine over time. To avoid that, you'll need to cut out some of the original pages from the book. To remove pages, group them into batches of 5-7 sheets. Keep the first set, cut out the second, keep the third, get rid of the fourth and so on. To cut the pages

1. Put paper clips on the page sets you want to cut out.
2. Slide a cutting mat under the clipped set of pages, all the way to the binding.
3. With ruler and pencil, mark a margin at least a quarter inch away from the binding to make sure you don't cut into the binding.
4. Lay ruler along the margin and carefully run a sharp knife to cut through the pages.

Creating the spread:

There are as many ways to art journal as there are artists. Just remember, there's no right or wrong when it comes to creativity! Here I'll walk you through one of my page spreads.

1. Slide wax paper or a plastic page divider under the page you choose to work on. This keeps mediums, paints, etc. from accidentally sticking to the other pages.
2. You could apply gesso to prime the pages or collage scrap papers along the edges with Gel Medium. Let dry.
3. Color the page with Gelatos® Colors. Blend with gesso. You could use any coloring medium of your choice here. Go with your favorite color scheme. Let dry.
4. Create a focal point. On this page, I have used a brush-lettered quote that I cut out using the Scan N Cut 2. I attached it with gel medium.
5. On the facing page, I brush-lettered a title with gold acrylic paint in keeping with the quote and journaled with a white Gelly Roll pen to finish.

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