

Loving Your Life

International Acclaim

“Loving Your Life offers a genuinely kind attitude towards life and art. The image of a colour-filled brush emerges in one’s mind’s eye. The brush playfully caresses the totality of everyday experience, touching the sad, grieving, and unloved aspects of life. Combining the principles of attraction with the honesty of her introspection, Elke Scholz transforms hitherto lofty mainstream understandings into grounded spirituality that we can live, dance, and paint by.”

*Bihter Yasemin Adali, MA, Expressive Arts Therapist and
Founding Member, Arts Psychotherapies Association, Istanbul, Turkey*

“This collection contains a wealth of innovative ideas for involving children and adults in therapy sessions. The interventions are classified into sections that therapists can easily select and apply. A valuable resource for mental health professionals who work in this field. Elke shows how love and an open heart give us access to creative living.”

Vered Zur, MA, CAGS, Director of Expressive Arts, Ireland

“Elke Scholz writes with a lively and clear style that anyone can understand. Every word of it comes from the heart. I recommend her book to artists, therapists, and to anyone who wants to live an authentic, creative life.”

Prof. Tom McLaughlin, Appalachian University, Boone, North Carolina

*“Throughout *Loving Your Life*, Elke safely, joyfully, and artistically guides you into your path not taken . . . the path that sometimes we skip . . . the path to our heart.”*

Joana Fins Faria, Expressive Arts Therapist, Portugal

“There are countless ways in the world and in communication with other people to meet oneself. And there are just as many ways to communicate one’s experiences to others so that they can have their own experiences. It is this diversity that has to be esteemed and cherished, because it is an expression of the uniqueness of every human being, and, ultimately, of every moment. Elke Scholz pioneers here an artistic way—and I hope the book that many people are so excited about will help them to achieve positive experiences for themselves.”

*Prof. Dr. Jürgen Kriz, Dept. of Psychology,
Psychotherapy and Clinical Psychology, Universität Osnabrück, Germany*

“I am convinced that we can liberate many hidden traumas by giving our heart a voice, by expressing ourselves through art . . . your book is authentic and reflects what you live.”

Gabriela Hennig, Peru

“Reading the book *Loving Your Life* changed my life, my way of looking at things, nature, and human beings; being aware of myself, my body, and of being creative. I carried the book with me over a long time . . . I came closer to my creativity . . . I love the ‘six steps’ in the teachers’ notes. I would recommend this book to many people around me—professionals and clients—who are looking for a source of inspiration and development of self.”

Liselotte Dietrich, MA EXAT, Urmäsch, Hungary, and Switzerland

“I highly recommend [this book] to all creative arts therapists in particular, because it reminds us to reignite that creative process in us, the core reason why we became arts therapists!”

Daniel A. Hyams, London, England

“I believe her book is an offering to the world, to those willing to search inside, grow, heal, look for meaning. She takes us on a ride through the world of the expressive arts, while making us feel safe and using her life experience and deep wisdom to guide us into trying a healthy and more meaningful way of living.”

Alina Tomsa, Romania

“*Loving Your Life* is an extraordinary book, written by an extraordinary woman. Elke Scholz offers us hope as she gently teaches us how to explore individual freedom of expression through art making, and how to live our lives to the fullest. A truly great, resonant, and inspirational read for all ages!”

Cheryl Cooper, Author of Come Looking for Me

“*Loving Your Life* is born out of a place of deepening. An extended second edition can only mean an additional gift of an artful and heartfelt journey through the words of this writer, artist, and expressive arts therapist.”

Taraneh Erfan King, MA, RCC, Registered Clinical Counsellor and Expressive Arts Therapist, Vancouver, Canada

“As an art therapist, I am seduced by this wonderful book to play, explore, experiment, and share with my clients. Elke draws its practical exercises from everyday life. They are of great aesthetic value and inspiration for living.”

Rut Tschofen, MA, Switzerland