

RELAX WITH OLD BOOKS



ALTERNATIVELY:
FUN WITH DISCARDS



IF YOU FIND THAT YOU HAVE A BOOK THAT IS OUT OF DATE...THINK RELAXING CRAFTING TIME. CLICK THROUGH AT YOUR OWN PACE TO CREATE YOUR OWN ARTWORK.

Hanging Book Mobile

Easier than it
looks!



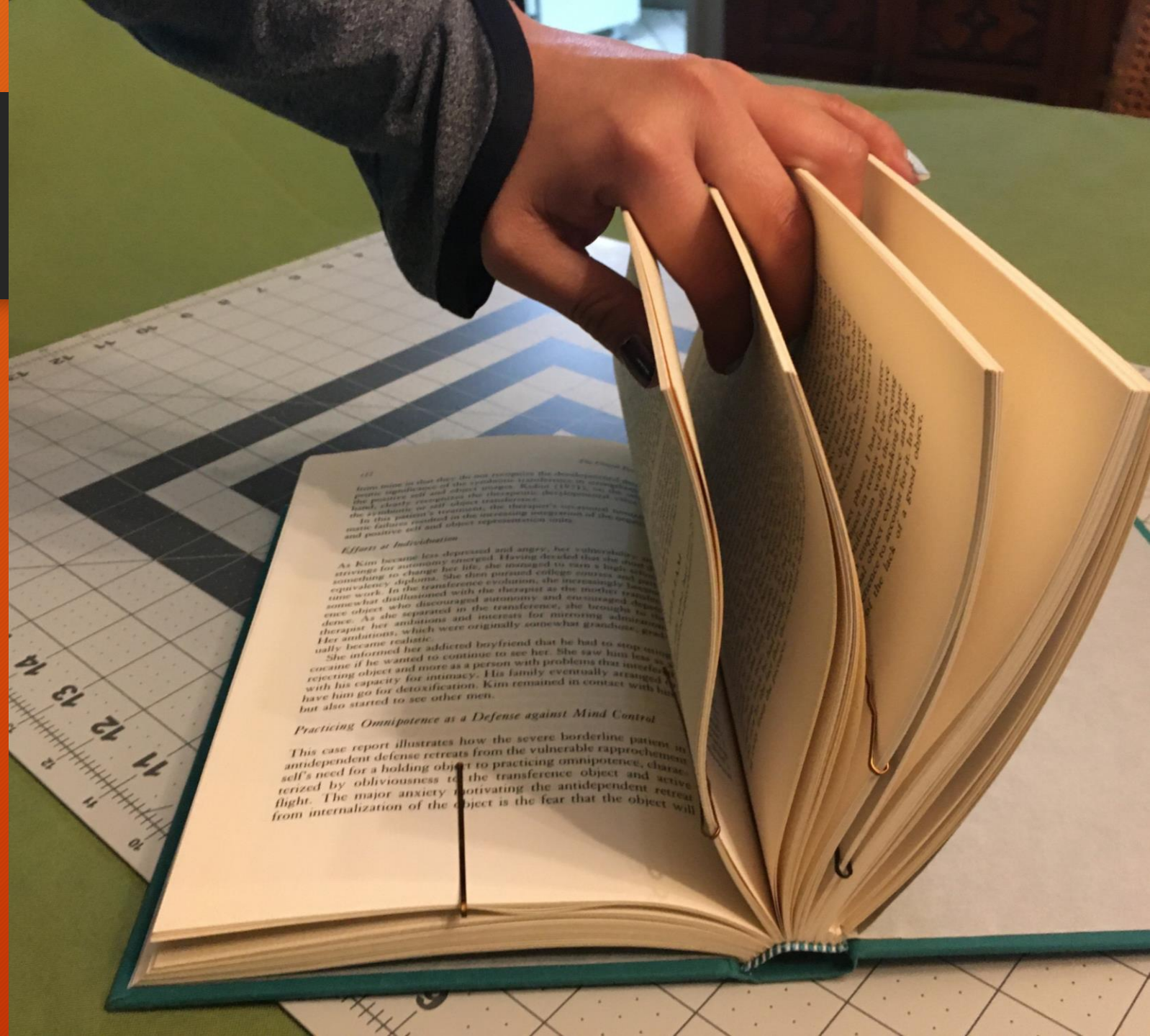
Gather your tools

- Book
- Cutting board
- Craft knife
- Bobby pins or binder clips
- Glue gun
- Glue sticks
- Picture wire



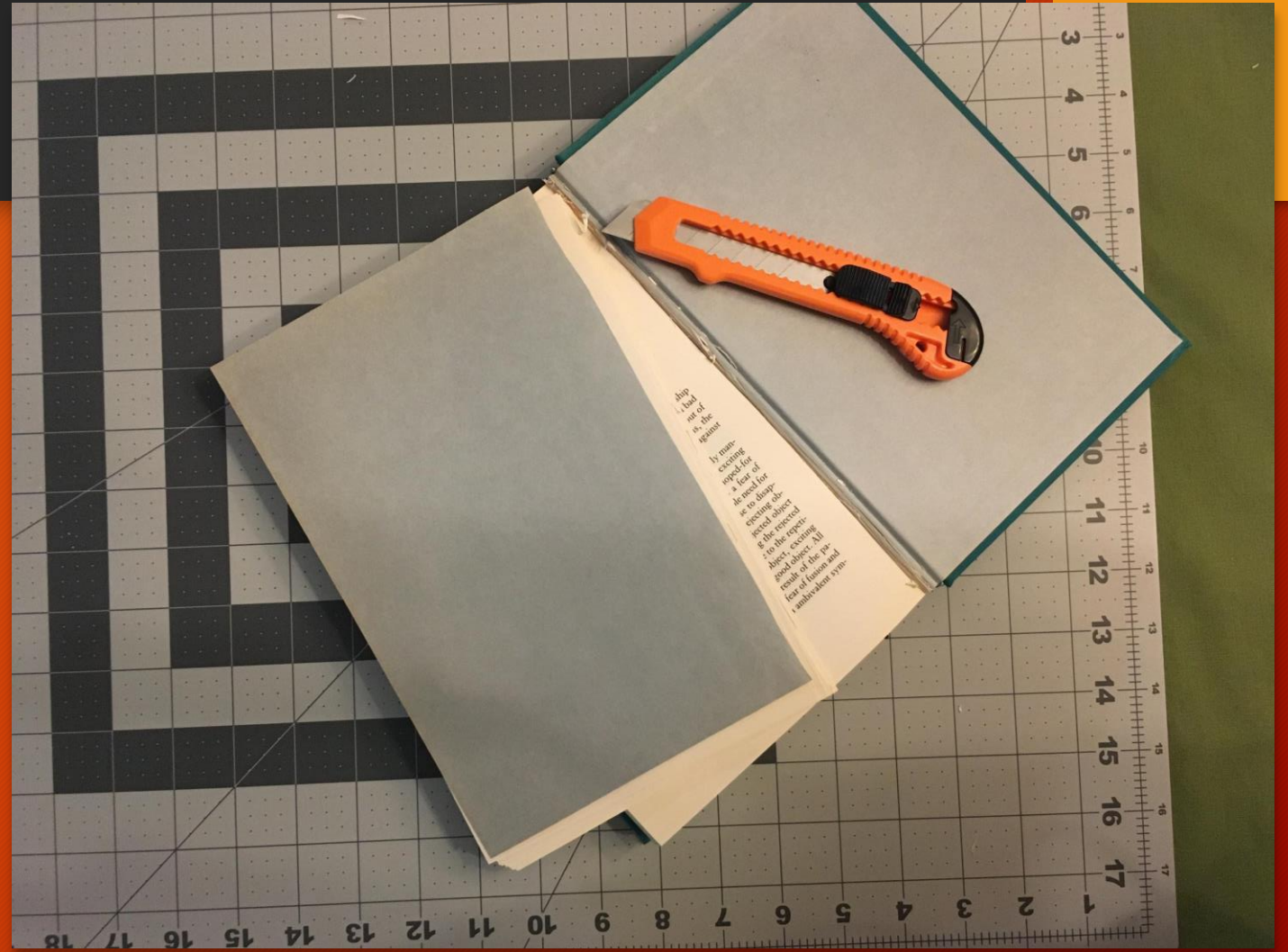
Section off pages

Use bobby pins or binder clips to hold out three to five middle sections.



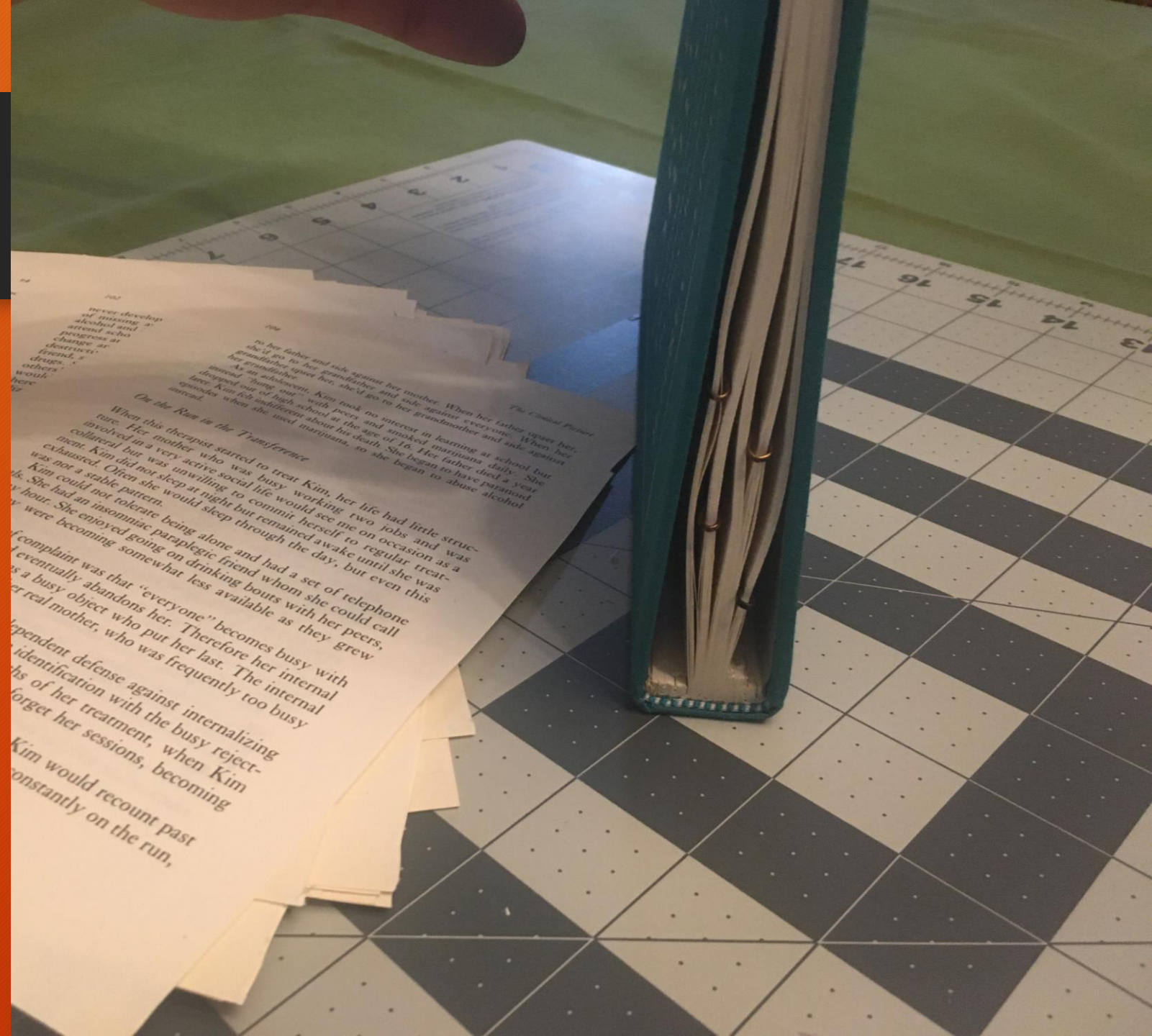
Start cutting out end sections

Cut out sections of pages to the first bobby pin or binder clip on the front and the back.



This step should make the book look like this

- Notice the marked off sections of pages with bobby pins
- Notice the sections where pages have been removed
- Save the removed pages for loops and other crafts

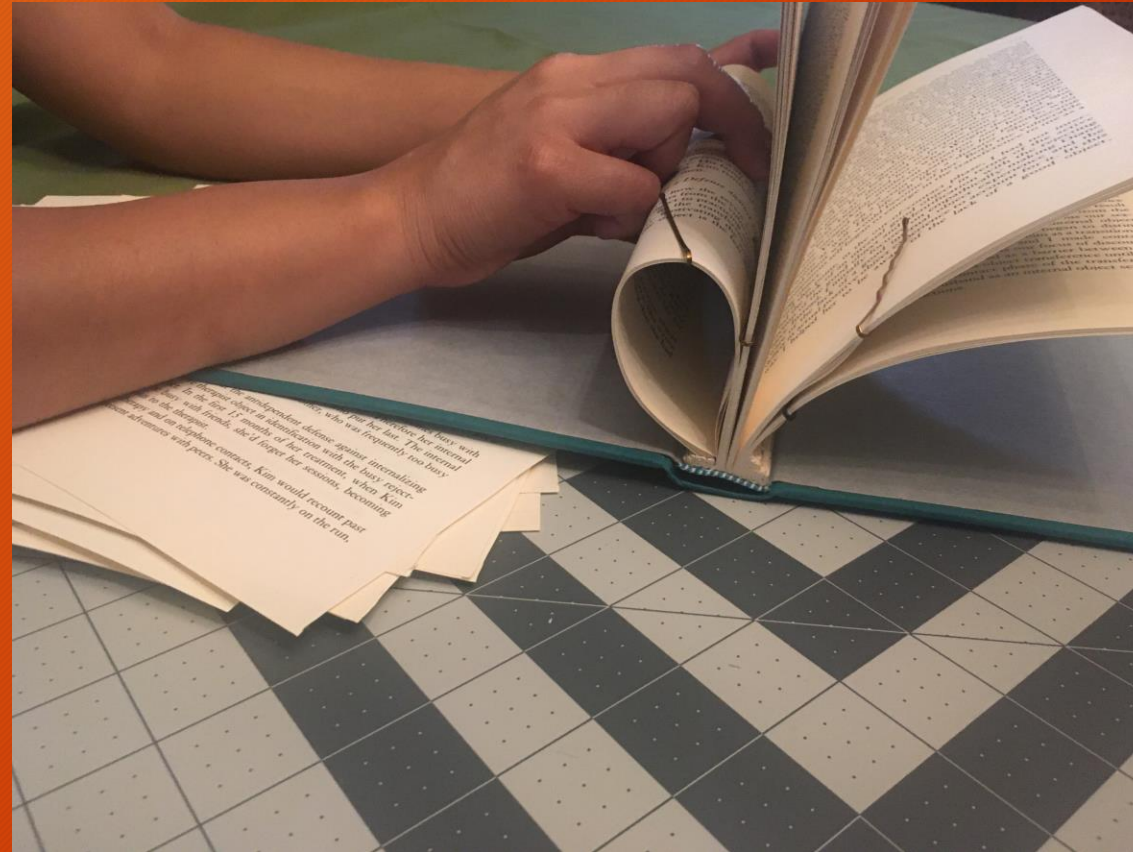


Create the first row of loops

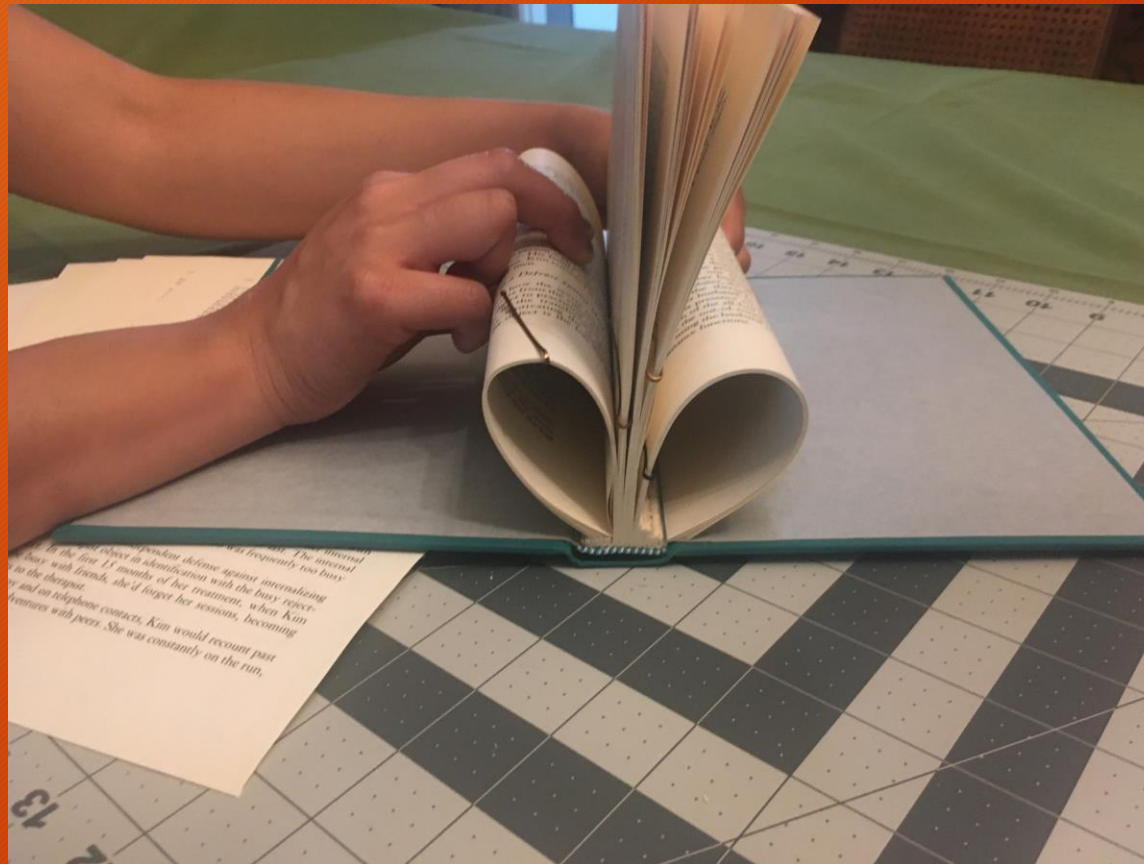
- Run a line of hot glue down the front edge of the grouping of pages
- Turn the group of pages into a loop and press the edges into the book



Shape the first section on one side into a curved loop



Shape and glue the first section on the other side for another loop

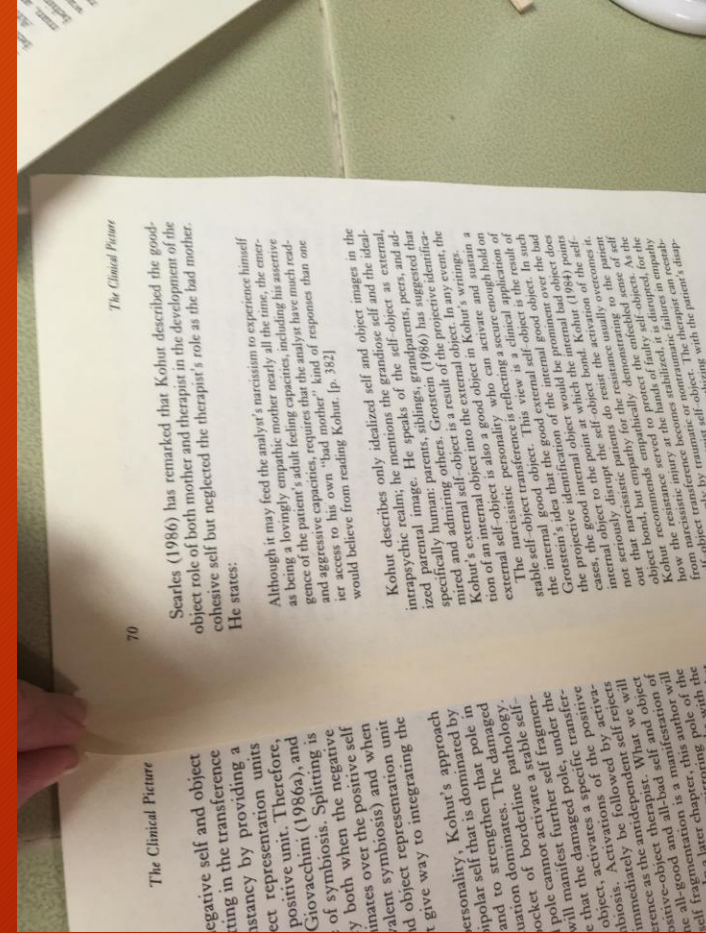


Glue and tuck in the last section



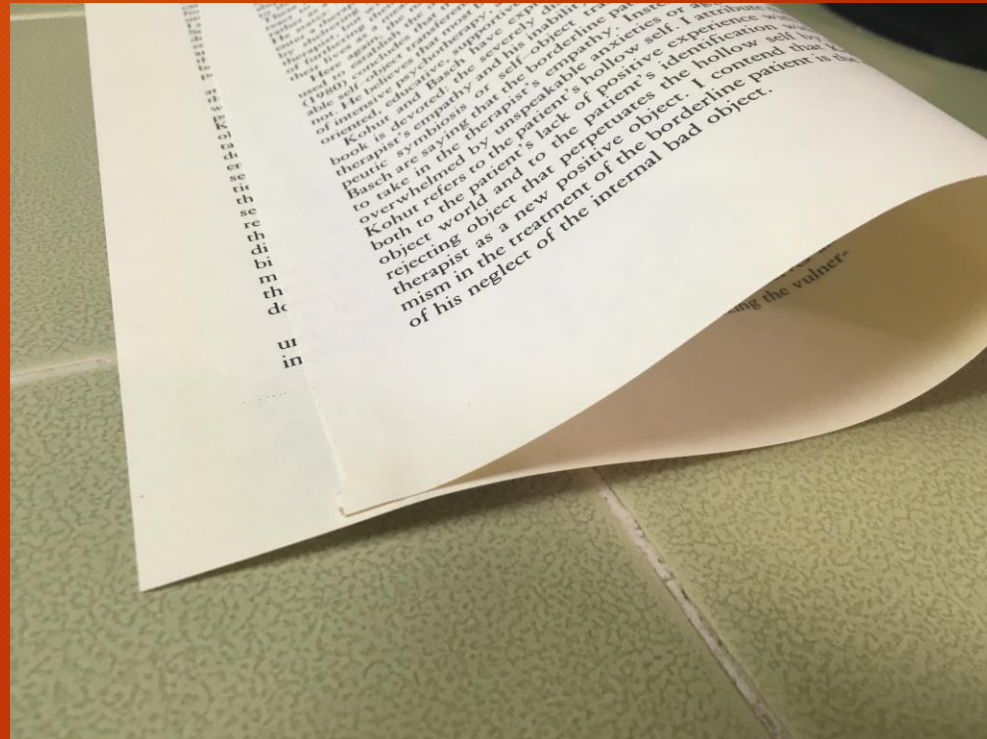
Make filler loops

- Use single pages for small loops
- Glue two pages together for larger loops
- Use single pages to extend loops



Run a line of hot glue on the edge and bend it gently into a loop

Glue them at random distances so you have several sizes of loops



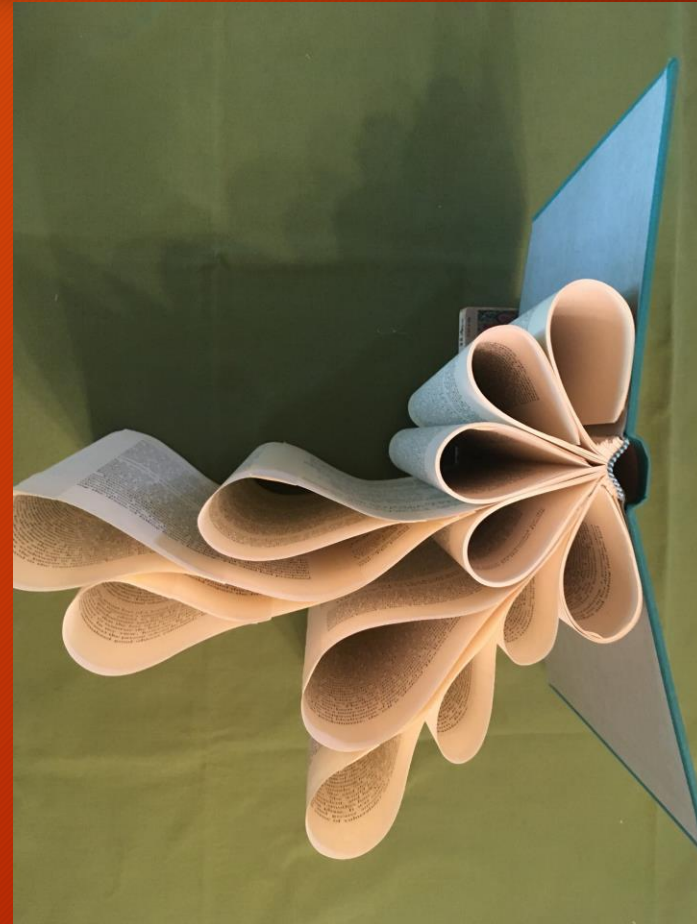
Make lots of loops

Make several different sizes for visual interest



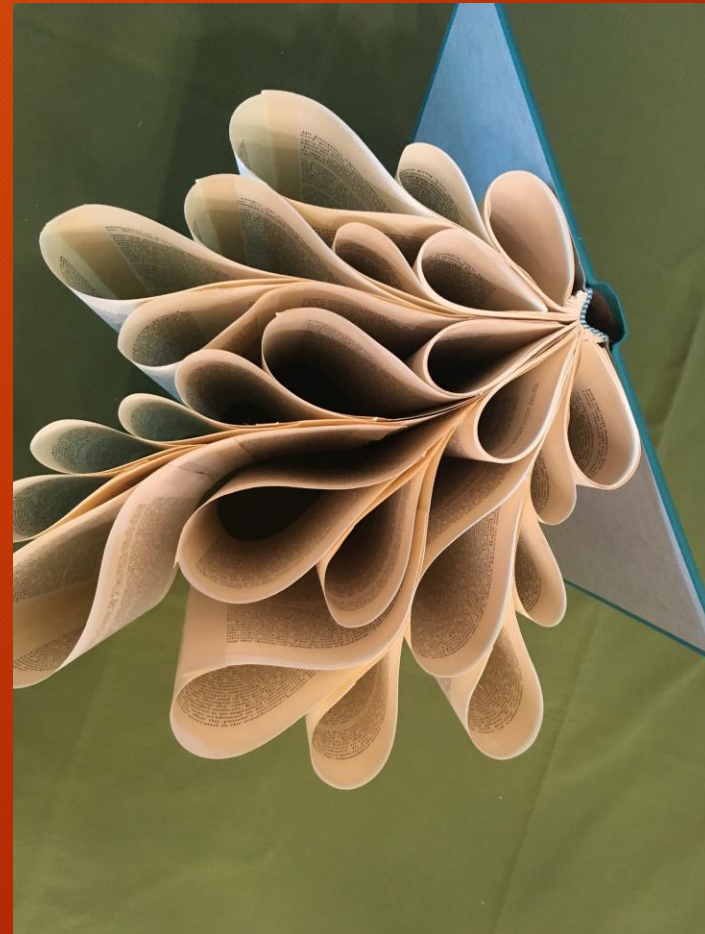
Start gluing loops between loops

- Tuck some loops in close
- Slip pages in between and glue several loops to a page



Keep adding loops until you are satisfied

- When you have enough loops, run picture wire through the spine
- Tie the wire to form the hanger



Hanging Time

Choose a spot
that needs a little
drama!



You will have plenty of loose pages left. Now you can start some smaller artworks.



The ornament that follows can be personalized in so many ways.

WesternU Ornament

This WesternU ornament makes a great gift for all those who helped you get here.

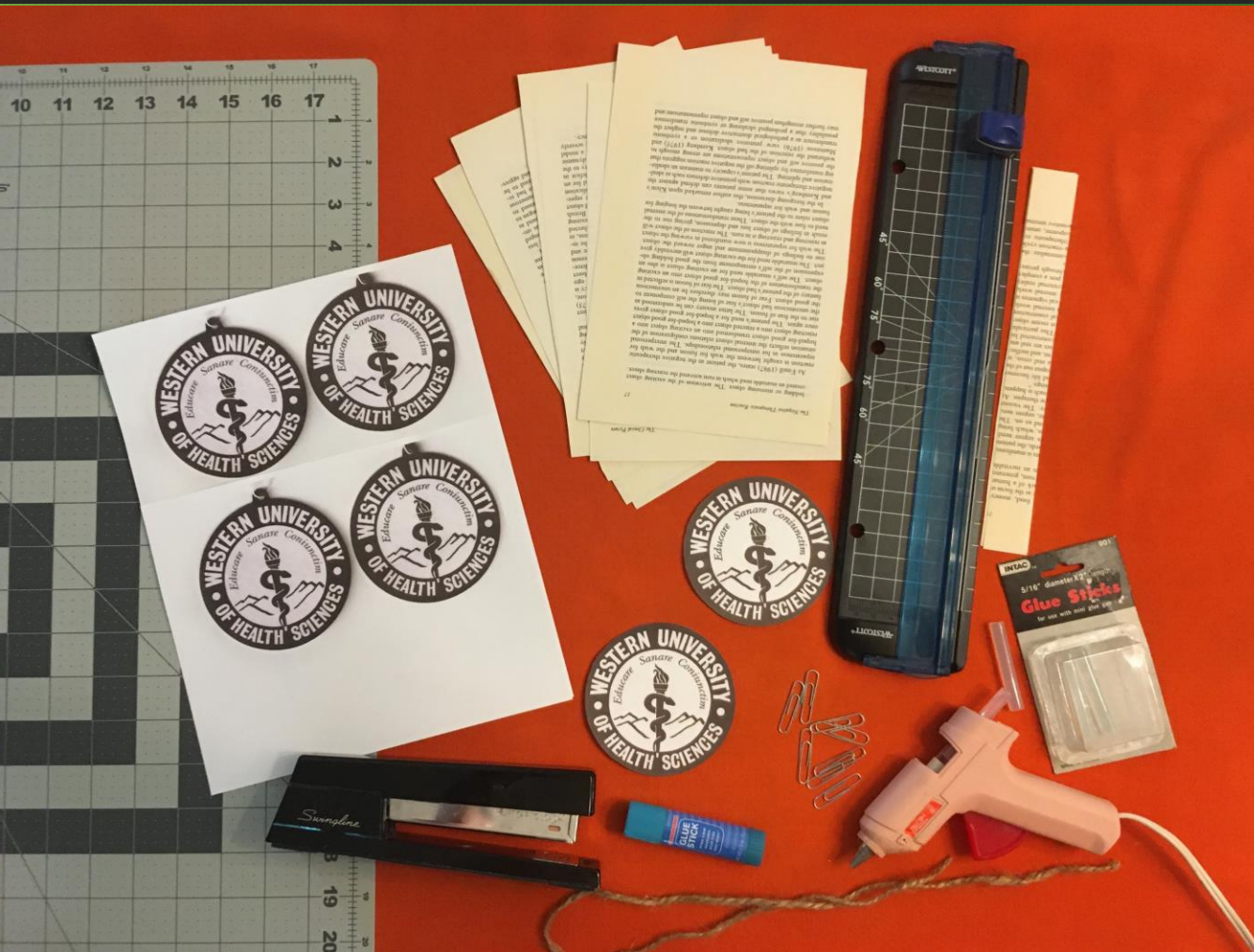


Source for Official Logo

- The official approved logo is Black on White
- <https://westernu.photoshelter.com/galleries/C000038SIOvRaNcc/G0000iEWSiA6sGGQ/I0000b.jyvzPl2DM/WesternU-Seal-Black-png>

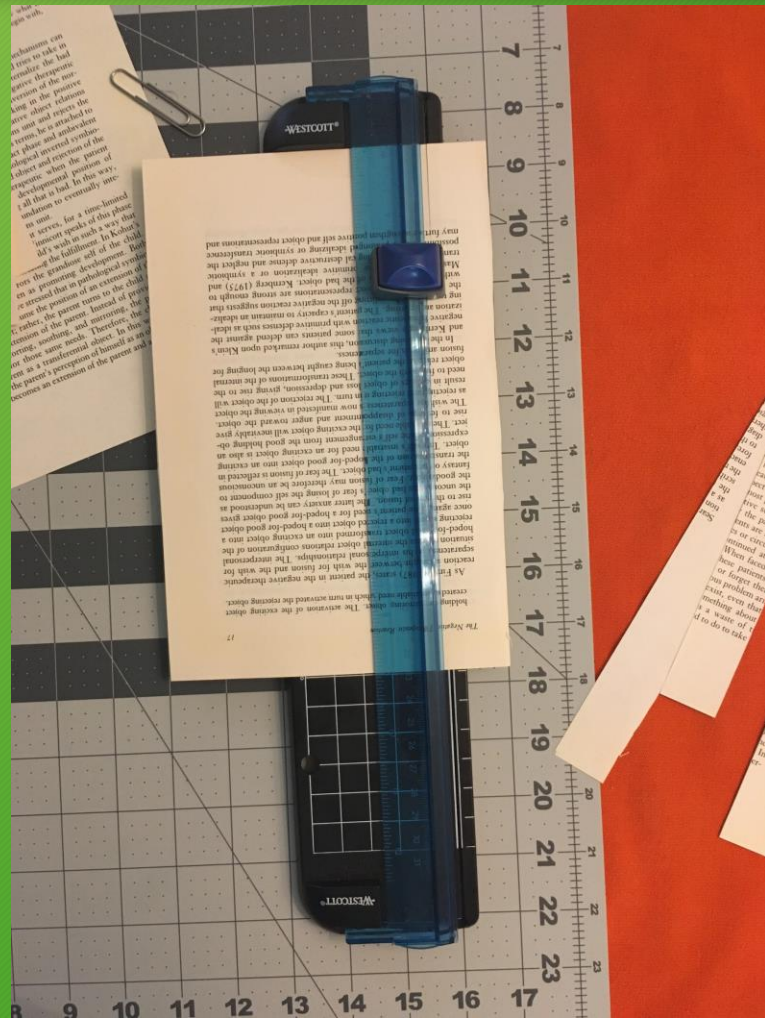


Gather your tools



- Pages from old book
- Photocopies of WesternU logo on cardstock
- Paper cutter
- Cutting board
- Paper clips
- Glue gun
- Glue sticks
- Stapler
- Twine
- Chopstick

Cut one-inch strips



Cut a lot of one-inch-wide strips the length of the pages.

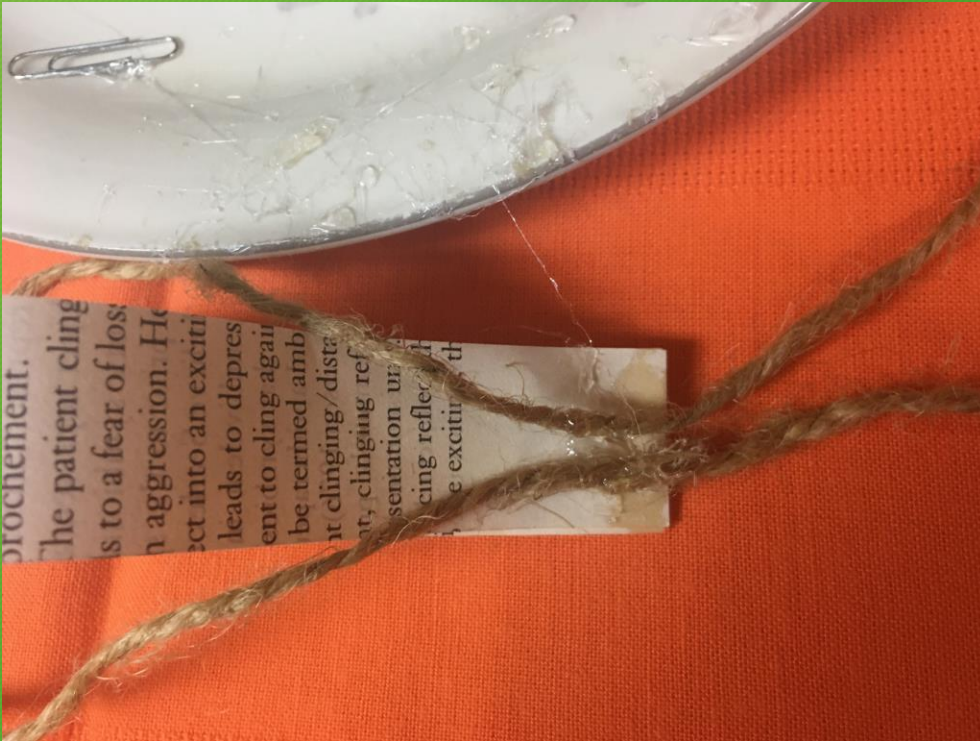
Cut 10 or 20 or more, depending on how full you want your flower shape to be.

Glue or staple each strip into a loop



Glue or staple the ends of each strip to create small loops. Begin gluing several loops together to make small groupings.

Add the hanging loop



Use a drop of hot glue to position a loop of twine for a hanger.

Add the next loop



Glue a loop over the twine.

Press in place with a chopstick.

The glue is hot, you know!

Hot glue loops into flower shape

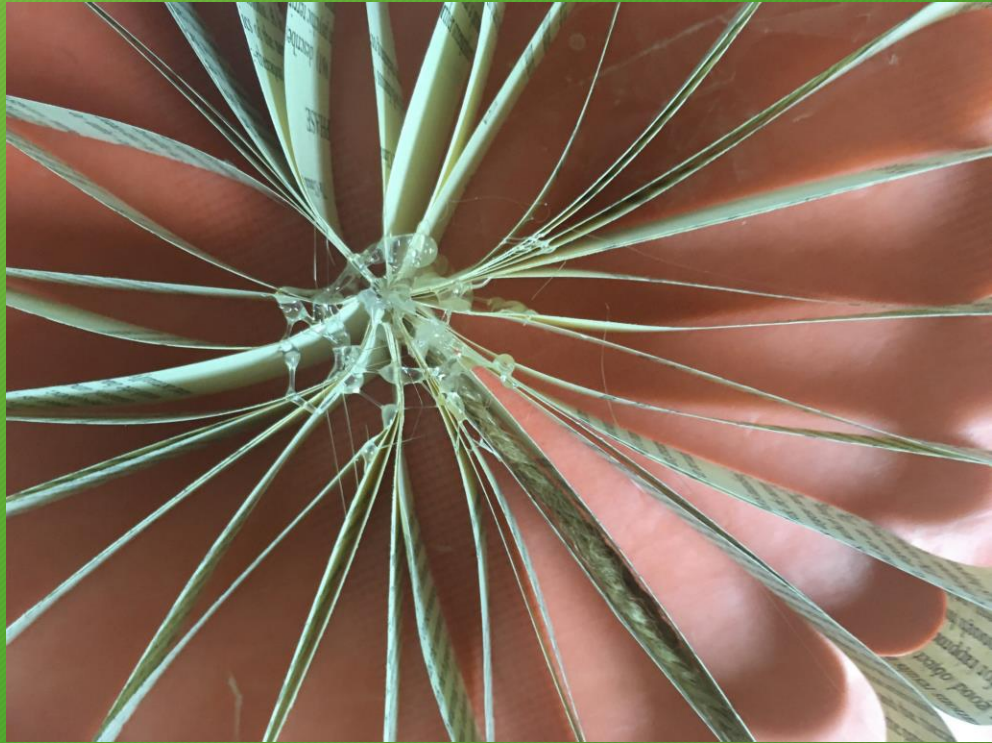


Prepare WesternU logos



Photocopy WesternU logos onto cardstock. Cut out two for each ornament that you are making.

Swirl hot glue onto center of flower and press one logo onto glue.



Turn the ornament over and repeat the glue and press for second logo.



Front and back of Your WesternU Ornament



More...

Ahh, you still have pages left over? Click on for another idea...

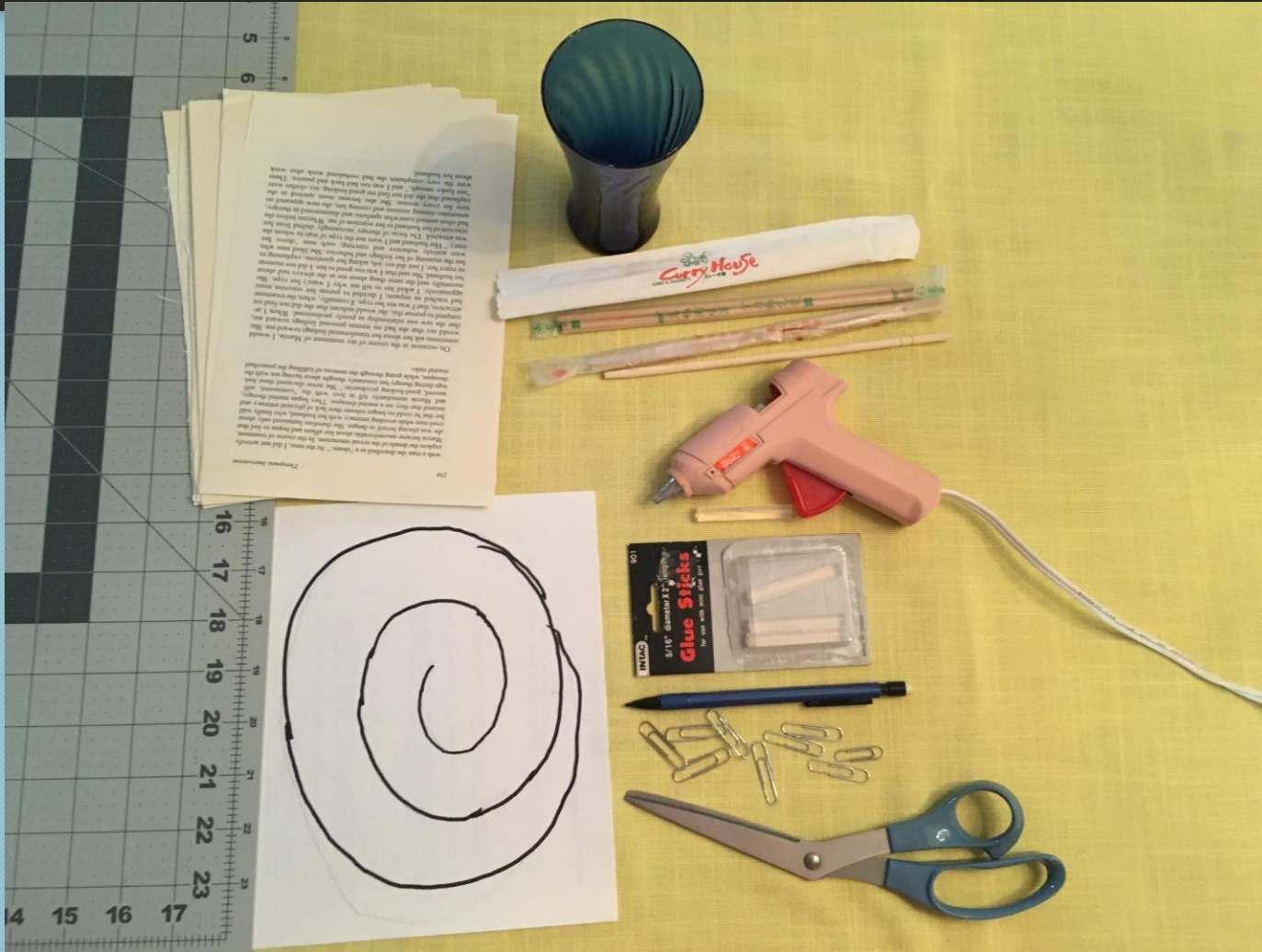


Continuing with the extra pages...Make flowers.



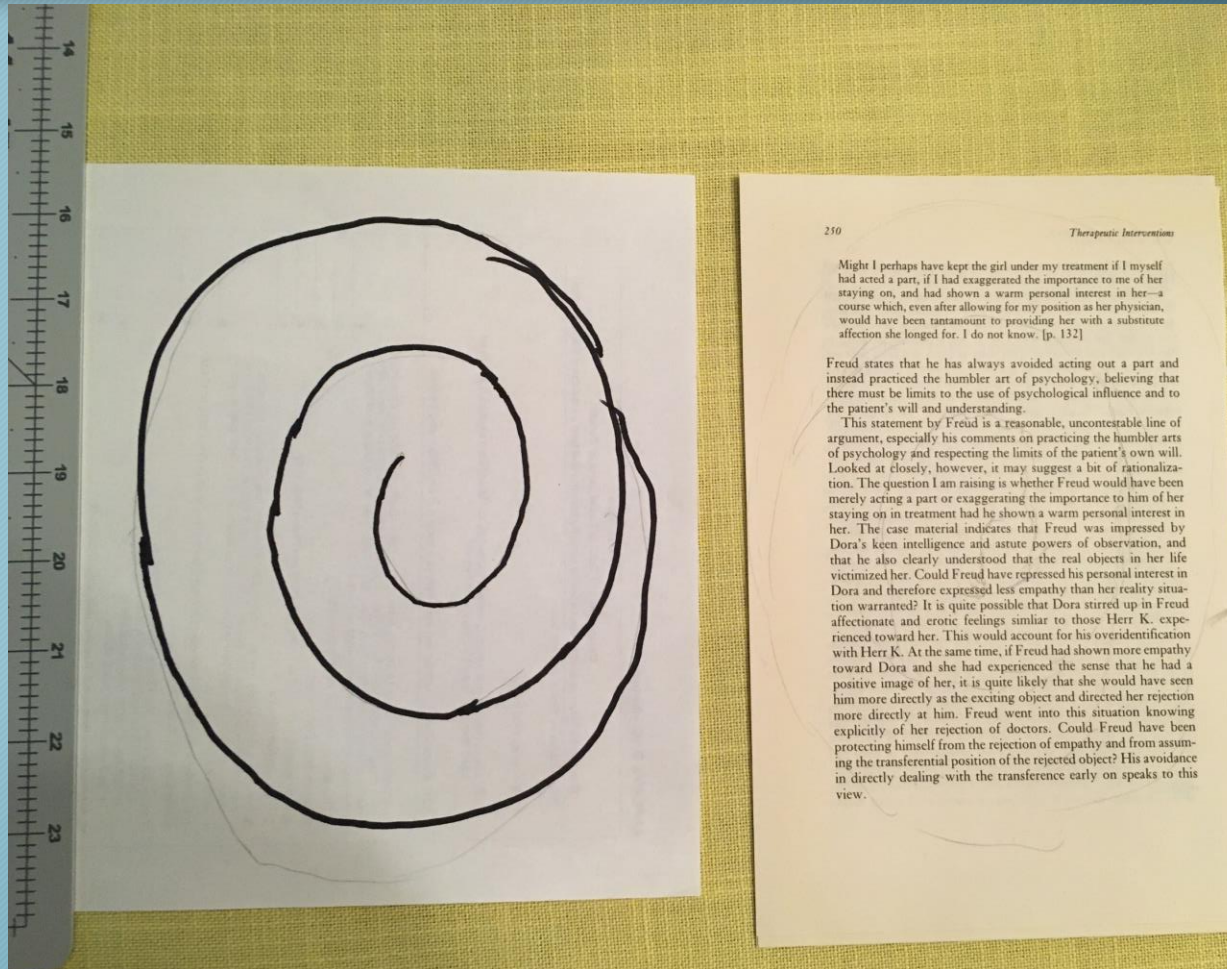
- Make flowers for vases
- Make flowers for presents
- Make flowers for you
- Make flowers for family
- Make flowers for friends

Gather your tools



- Pages
- Pattern
- Pencil
- Scissors
- Hot glue gun
- Glue sticks
- Chopsticks
- Paper clips
- Small vase

Draw a pattern



Might I perhaps have kept the girl under my treatment if I myself had acted a part, if I had exaggerated the importance to me of her staying on, and had shown a warm personal interest in her—a course which, even after allowing for my position as her physician, would have been tantamount to providing her with a substitute affection she longed for. I do not know. [p. 132]

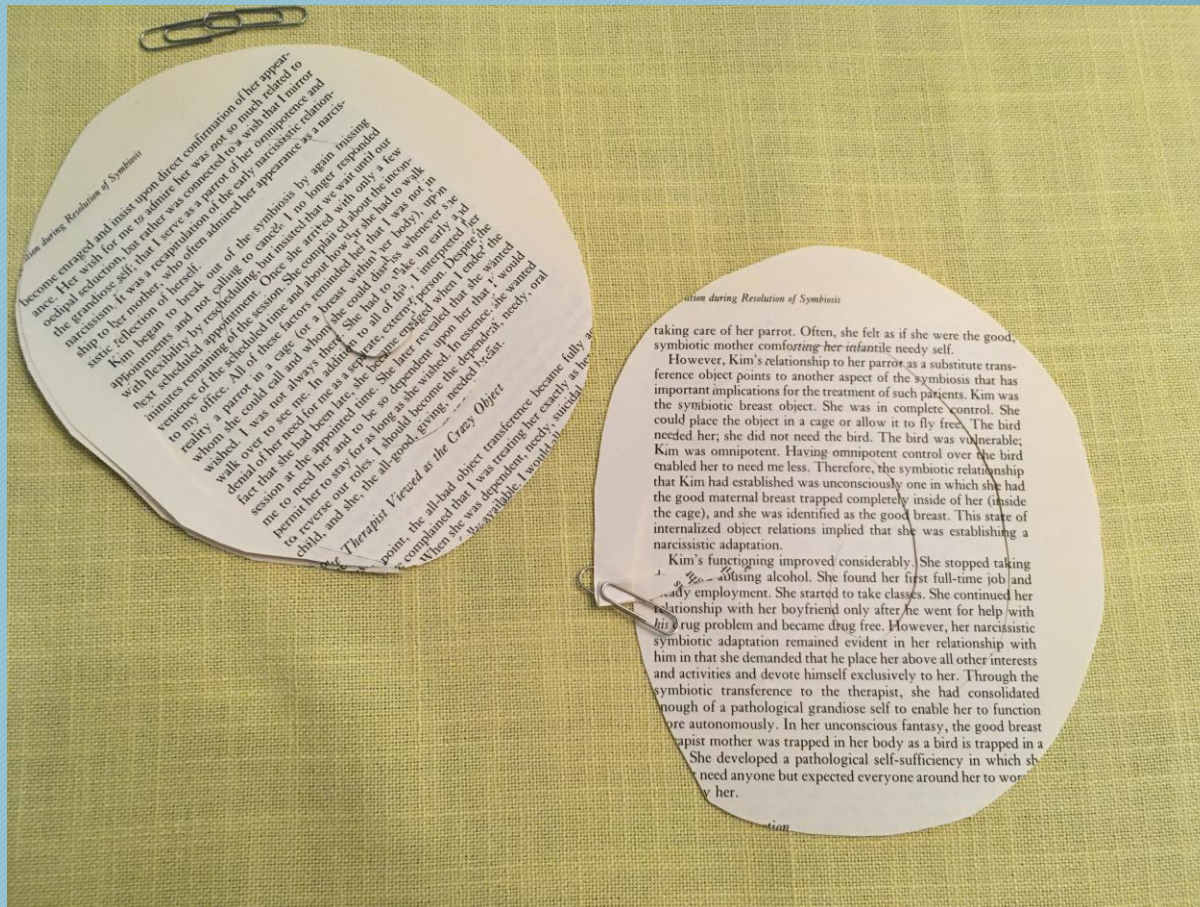
Freud states that he has always avoided acting out a part and instead practiced the humbler art of psychology, believing that there must be limits to the use of psychological influence and to the patient's will and understanding.

This statement by Freud is a reasonable, uncontestable line of argument, especially his comments on practicing the humbler arts of psychology and respecting the limits of the patient's own will. Looked at closely, however, it may suggest a bit of rationalization. The question I am raising is whether Freud would have been merely acting a part or exaggerating the importance to him of her staying on in treatment had he shown a warm personal interest in her. The case material indicates that Freud was impressed by Dora's keen intelligence and astute powers of observation, and that he also clearly understood that the real objects in her life victimized her. Could Freud have repressed his personal interest in Dora and therefore expressed less empathy than her reality situation warranted? It is quite possible that Dora stirred up in Freud affectionate and erotic feelings similar to those Herr K. experienced toward her. This would account for his overidentification with Herr K. At the same time, if Freud had shown more empathy toward Dora and she had experienced the sense that he had a positive image of her, it is quite likely that she would have seen him more directly as the exciting object and directed her rejection more directly at him. Freud went into this situation knowing explicitly of her rejection of doctors. Could Freud have been protecting himself from the rejection of empathy and from assuming the transference position of the rejected object? His avoidance in directly dealing with the transference early on speaks to this view.

Start winding from the point

Starting from the point on the outside, wind the paper into a cone keeping the inside tighter.

A paper clip can help keep it from springing open.



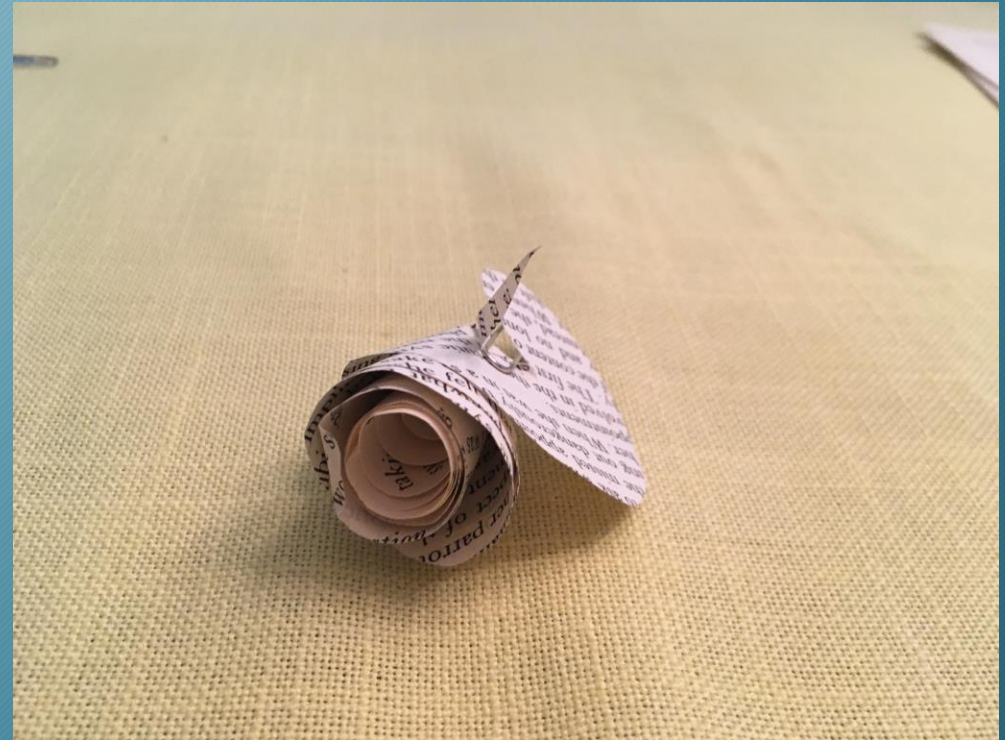
Keep winding



And winding



Till you get to the tab

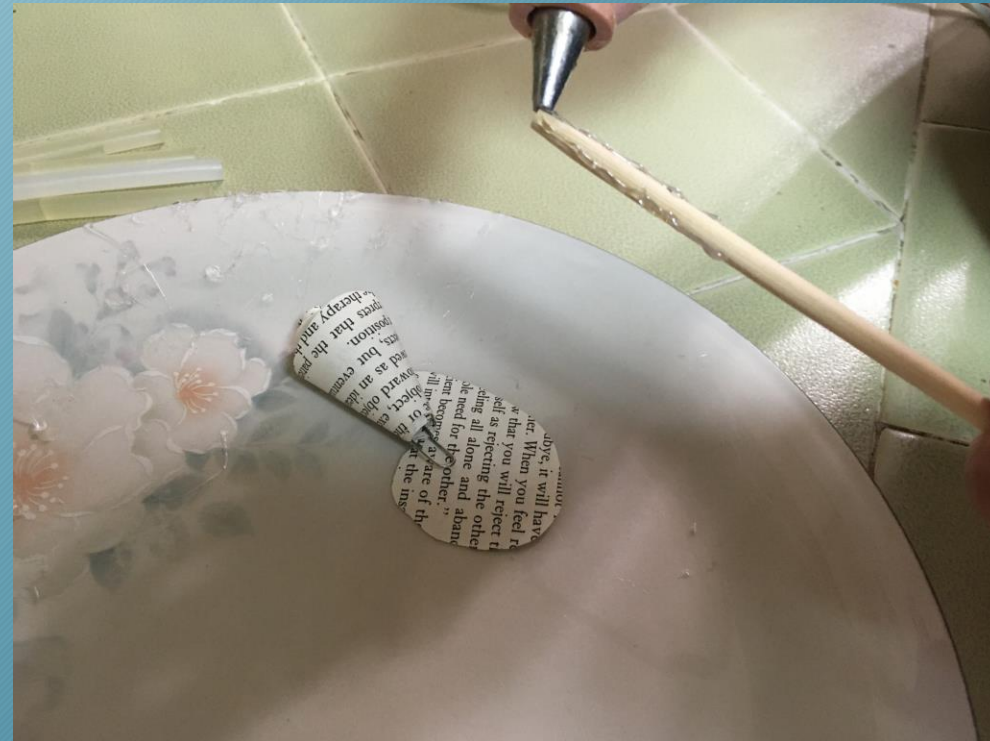


When you have several buds completed...



With paper clips in the base of each flower, go plug in the glue gun.

Drip hot glue onto the top inch of the “stem”.



Gently push the chopstick into the base of the flower



You want to push the chopstick/stem far enough to be stable, but not sticking out the top of the flower.

The tab becomes the Calyx

Wrap the tab to secure the flower to the chopstick and it becomes the base or calyx of the flower.



More hot glue



Apply hot glue to the tab.

Wrap around the stick and secure.

Press in place



Press for a moment to secure the glued parts.

Allow to cool



It only takes a few minutes to cool.

Arrange your roses

Change your arrangement every day if you wish. Or never. There is no water to spill.



Crafting is Meditation

Now that you have created something charming, your mind is cleaned and freshened up for the studying that you have been putting off.

Enjoy!

