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**BOOST YOUR CREATIVE MOJO  
WITH CINTHIA JAMES' BOOK:  
"TREASURE FOUND"**

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Cinthia James is a multi-talented artist living in Berlin, Germany. She's an illustrator, surface pattern designer, graphic designer, and also the author of "Treasure Found: An Art Journey".

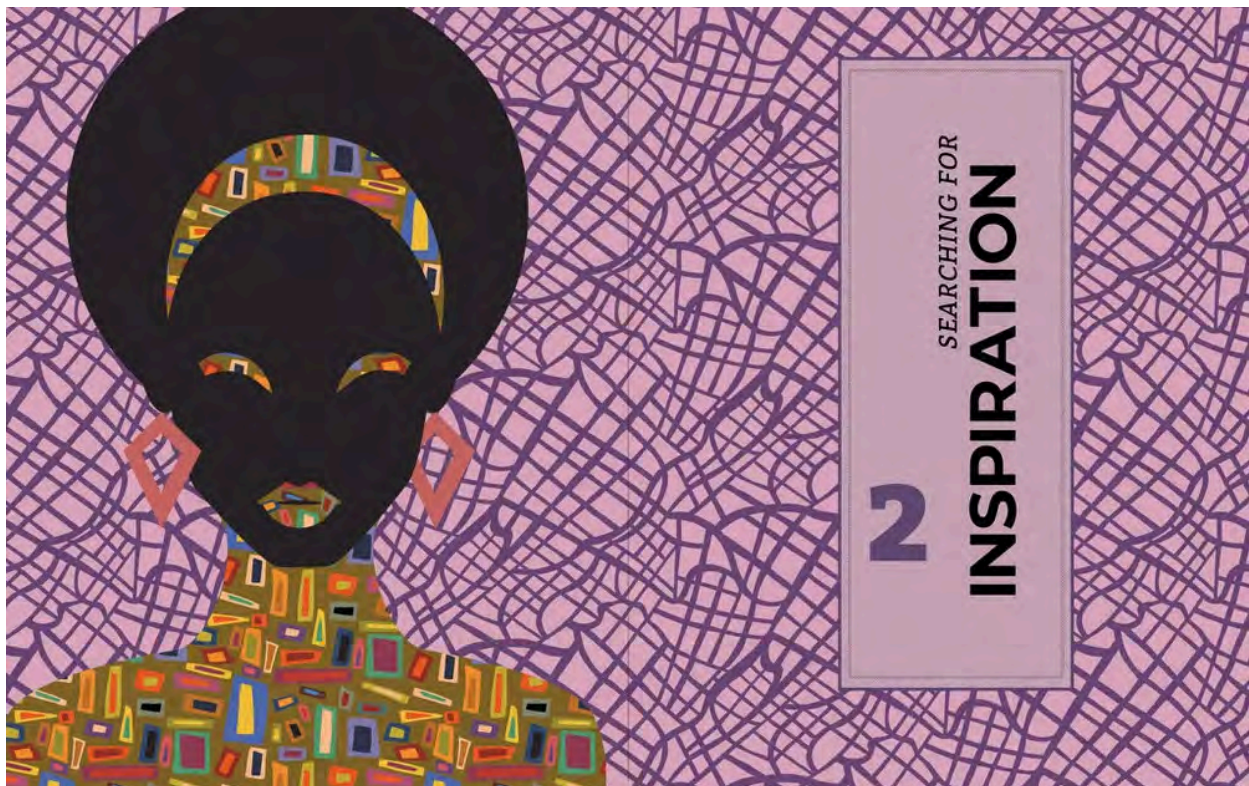
She very kindly shared her book with me. I read it and really liked it, so I thought you might also find it relevant, useful and inspiring.

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Because we all get stuck in a creative rut from time to time. It's the nature of the beast! And I think this book might help you shake things up a little when this eventually happens.

This isn't just your run-of-the-mill read. It's like having a friendly chat with a fellow artist who's been there, done that, and is here to share all their juicy secrets. So grab a cuppa and let's dive in.

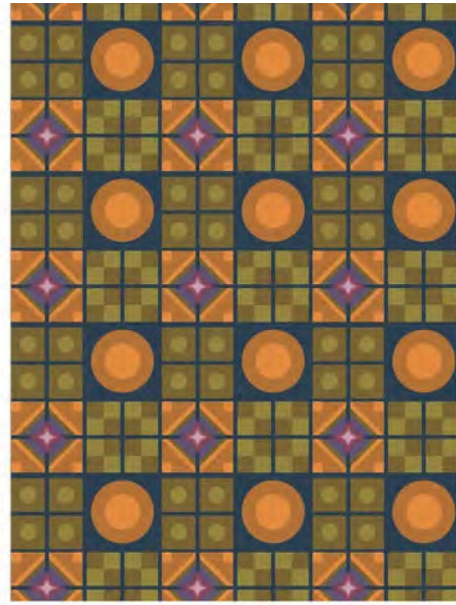
Even though Cinthia wears many hats, what really sets her apart is her knack for finding inspiration in the most unexpected places. Forget the usual suspects—she's all about diving into worlds like fashion and music, especially K-pop videos.





PRACTICE. PRACTICE. PRACTICE

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One of her signature moves is mixing custom patterns with portrait art. This unique blend gives her artwork its distinct charm and energy, with a delightful mix of playfulness, rich colour palettes, and a hint of naivety.

In this self-published, award-winning book, "Treasure Found: An Art Journey," Cinthia lets us have a peek behind the curtain of her creative process. It's not just a how-to guide; it's a heartfelt invitation to join her on a journey from self-doubt to discovery. A look at how she makes the magic happen, exploring creativity and celebrating artistic expression.

“*Treasure Found: An Art Journey*” was born from my own experiences and challenges in maintaining a consistent art practice. After graduating with a degree in graphic design and navigating a career that veered away from my initial creative dreams, I felt a strong need to reconnect with my artistic roots. This book is a culmination of lessons learned in embracing self-doubt, celebrating individuality, and developing a disciplined yet joyful approach to art. It reflects my journey of rediscovery and aims to inspire others to embark on their creative explorations and help build a fruitful practice.



— Cinthia James

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BEGINNING WITH THE BASICS

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## THE GRID

In its basic form, a **GRID** helps you organize and align elements that you want to have in your artwork.

Our mind and eyes naturally seek out order and patterns, and a grid can help you achieve order even in the most detailed artwork.

Grids should be seen as guidelines that support your work, not something that obstructs or confines it.

**GRIDS CAN BE BROKEN.**

I especially love using grids in my pattern design. When I started taking courses in surface pattern, I was often taught to create motifs and then place them randomly until it felt balanced.

Having already completed a graphic design degree, I struggled to find balance while placing motifs randomly on a page. It resulted in designs that were extremely busy and had far too many elements for my liking.

**I THOUGHT TO MYSELF, WHY IS NO-ONE TALKING ABOUT GRIDS?**

As a fan of the pioneering Wiener Werkstätte (Vienna Workshop), I remembered seeing some textile work by one its founders, Josef Hoffmann, which used pencil-lined grids.

He illustrated his final work on top of grids, conveying movement and energy. After viewing his designs again, I decided to use grids in my pattern work.

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## RECORDING

### WHAT YOU DO

Recording your process is part of the process. Keep your notes, files, reference images, and so on, and you can create a presentation that acts as a summary of the design you have undertaken.

Building a presentation highlighting key elements of your process and describing your artwork can be used to pitch projects, communicate to galleries, and explain your execution of a given creative brief.

Your presentation communicates the steps you took in your process from concept to final artwork, acting as the story of the journey based on an idea.

A good way to structure your presentation is to highlight your reasoning and overall process at the beginning, followed by your final design and any additional notes, mock-ups, or instructions on how to handle your artwork.

This may seem like extra work, but if you create templates with the look and feel of your brand or who you are as an artist, you can just drop the key information into your predefined slides and have a quick, clear communication tool to present your artwork.

Even if you don't show a presentation for every piece you create, you'll have a clear foundation and information around your work, allowing you to have a process archive you can refer to for new inspiration.

When structuring your presentation the following can be an idea of what to include:

- › Project information
- › Creative brief highlights
- › Concept and keywords
- › Key visual imagery
- › Sketches and exploration
- › Your final artwork
- › Additional notes, mock-ups etc.
- › Dimensions and care

PERSONALIZE YOUR PROCESS

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RECORDING WHAT YOU DO

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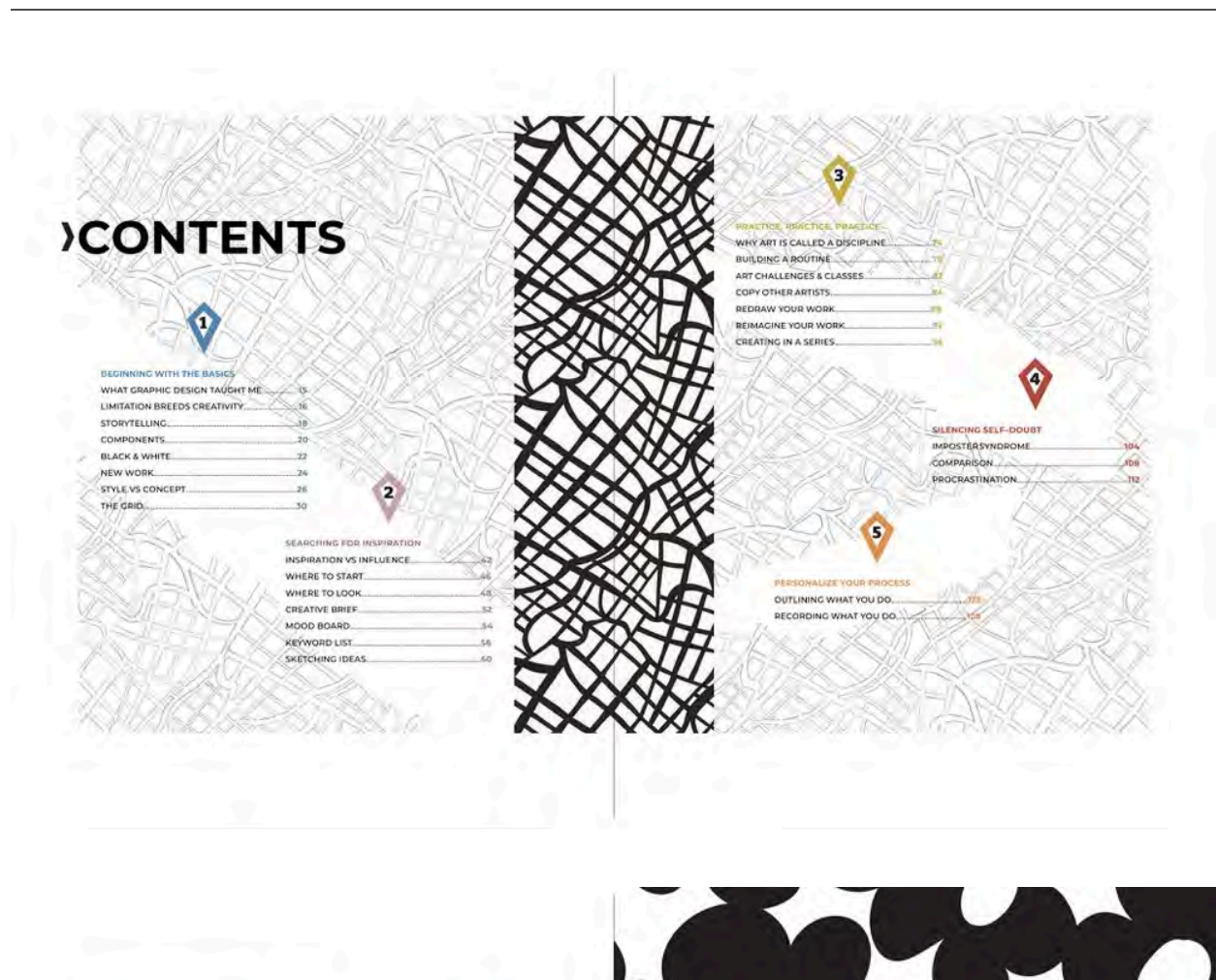
In surface pattern design, the creative process isn't just a roadmap—it's the soul of every design. From brainstorming ideas to refining details, each step shapes the final outcome.

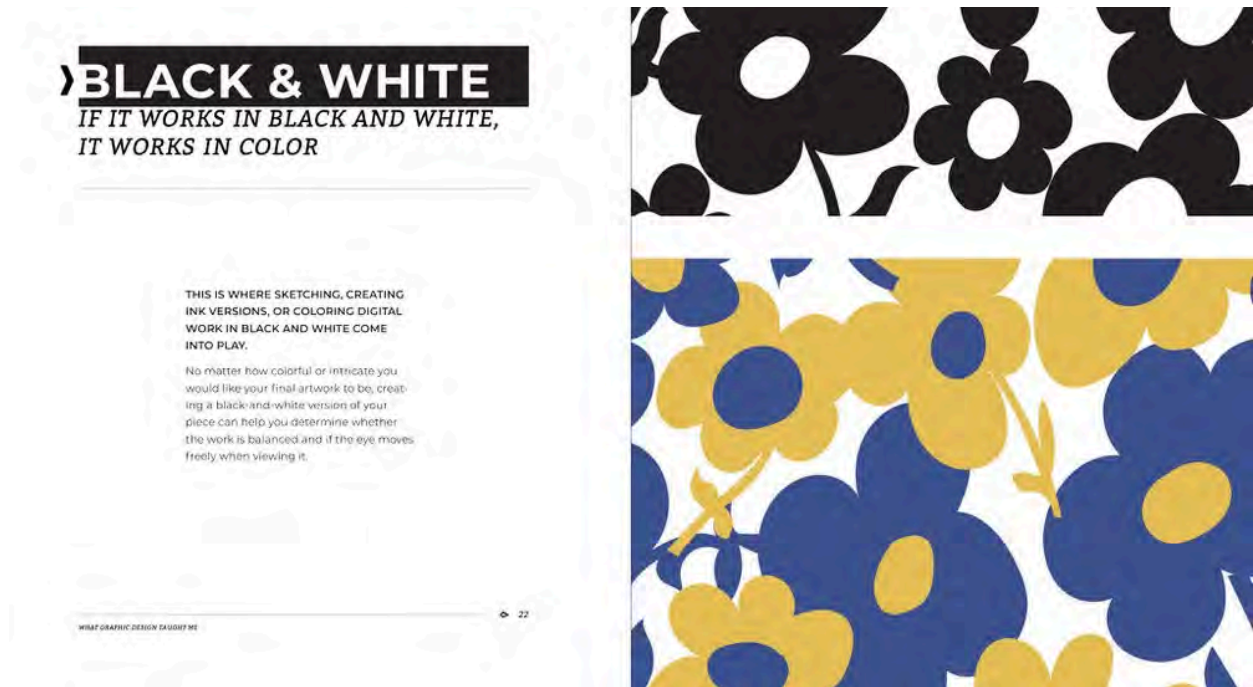
It's about finding the perfect blend of intuition and technique, bringing personality and charm to your designs. It's this creative journey that breathes life into every pattern, making it not just visually attractive but meaningful, too.

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The five chapters in this book, each containing a variety of interesting topics, give us direction on how to approach our creative process.

1. **Beginning with the basics**
2. **Searching for inspiration**
3. **Practice, practice, practice**
4. **Silencing self-doubt**
5. **Personalise your process**





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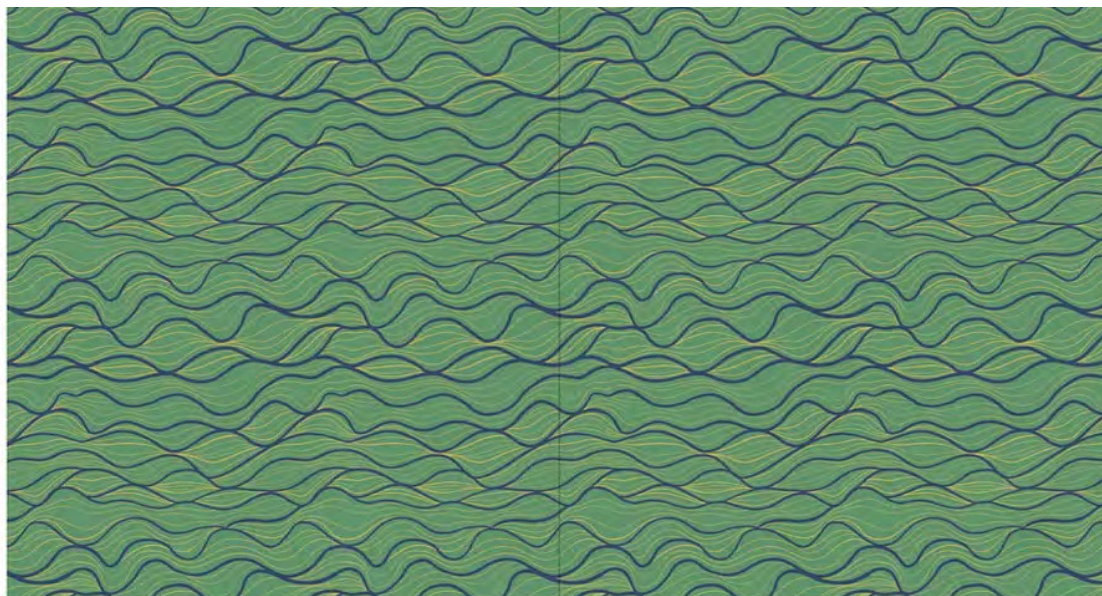
And with over 90 beautiful images, this book isn't just a read. It's an experience! Each page is packed with fresh inspiration, helping you improve your creative methods while sparking new ideas.

“Want to try something new? Need some ideas for where to look for inspiration? Keen to learn about how to manage your time and side-step imposter syndrome? The advice and activities discussed in this book can help you create consistently, improve your skills, and make new work to build up your portfolio.”

— Cinthia James

“Treasure Found: An Art Journey” is a valuable resource because it goes beyond techniques and tutorials. It holds your hand so you can discover and nurture your individual artistic process. It's like a guiding light to creative clarity, helping you reignite your artistic spark.





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PRACTICE, PRACTICE, PRACTICE

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So, whether you're facing creative blocks, looking for fresh inspiration, or simply wanting to create a more consistent art practice, this book provides the direction, encouragement, and practical advice needed to tackle some of your creative problems.

And let's remember one thing: creativity knows no limits! Whether you're a pro or just starting

out, trust your gut, stay curious, and never underestimate the power of your imagination.

Your passion for design is your superpower, so let it guide you on this adventure. The world is waiting to be wowed by your uniqueness, so go ahead and show them what you've got!

Find Cinthia at [www.cinthiajames.com](http://www.cinthiajames.com) and on Instagram, Twitter, TikTok and Pinterest under @ataleof\_art.

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You can buy "Treasure Found: An Art Journey" on [Amazon](#) and [Barnes & Noble](#).

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Veronica Galbraith

I am a designer, originally from Colombia and now living permanently in Cornwall, UK. I graduated in Product Design but since then have mostly worked in graphics for print and web. A few years ago I decided to specialise in Surface Pattern Design and I'm loving it!

! No Comments so far.

Please leave a comment... I love to hear from my readers!