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Nota di contenuto	Cover -- Title -- Copyright -- Menu -- List of Illustrations -- Acknowledgments -- Author's Note -- 1 Impulses -- 2 Making Sense -- 3 How to Use This Book-A Quick Review -- 4 Tantalizing Recipes -- Orienting Ritual -- the reticent composer -- Clay in Space -- Shifting Point of View -- Bonding in Parallel, a Writing Collaboration -- Scent of Time -- Story Exchange -- Pareidolia Crawl -- Sound, Moving -- Repeat That! -- Broad Strokes, Then Details -- Sensory Focusing -- Three Traces -- Traces, Presence -- Traces, Touch -- Traces, Surface -- Reaching Out -- Now! -- Banding -- Rolling Time -- Circles, a Sound and Movement Exploration -- Inner Voice-Overs -- Body Parts -- Forming Time -- Through the Portal -- Curios -- Wearables -- Me + -- Mending, a Recipe for One -- Dictionary Ritual -- Sell It -- Hybrid-o-phones -- The Art of Following -- The Art of Following-Movement, Sound, Presence -- The Art of Following-Tactile -- Recipe as Form -- 5 On the Go -- One Word -- Fragmented Openings -- Boundaries and Limitations -- Word Limitations -- Location Limits -- Mystery Box -- Sound and Memory -- 6 Dessert -- Listen, as a Bird in Flight -- Recipe for Mixing -- 7 Resources -- Freewriting -- Work Prompted by "Shifting Point of View" Recipe -- The Size of Your Misconceptions by Edlyn Terrazas -- Work Prompted by "Bonding in Parallel" Recipe -- Excavating Time by Lorelei Wagner and Tomie Hahn -- Work Prompted by "Scent of Time" Recipe -- Lemon Memories by

Abdullah Alshehri -- "Now!" Recipe Responses -- Works Prompted by "Through the Portal" Recipe -- 17 Years as a Beat Cop by Michael Schrider -- Beyond Realism by Amelia Farquharson -- Work Prompted by "Wearables" Recipe -- On Being an Eternal Scout by Katherine Tyrol -- 8 Cordial Closure -- References -- Index -- Back Cover.

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## Sommario/riassunto

Engaging with sensory experience provides a gateway to the contemplation and cultivation of creativity and ideas. Tomie Hahn's workshopping recipes encourage us to incorporate sensory-rich experiences into our research, creative processes, and understanding of people. The exercises recognize that playfulness allows for a loosening of self while increasing empathy and vulnerability. Their ability to spark sensory endeavors that reach into our deepest core offers potentially profound impacts on art making, research, ethnographic fieldwork, contemplation, philosophical or personal introspections, and many other activities. Designed to be flexible, these living recipes provide an avenue for performative adventures that invite us to improvise in ways suited to our own purposes or settings.

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