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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.

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.
