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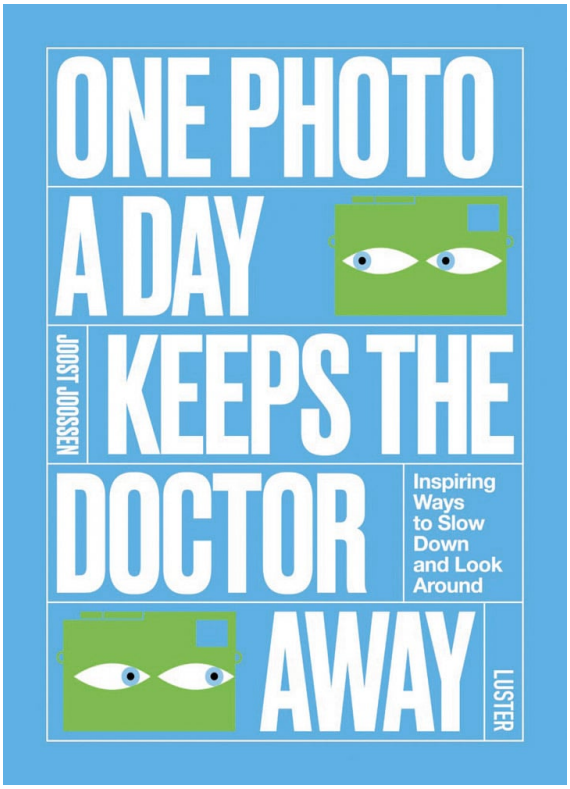


One Photo a Day Keeps the Doctor Away

Inspiring Ways to Slow Down and Look Around

Joost Joossen

ISBN	9789460583278
Publisher	Luster Publishing
Binding	Paperback / softback
Territory	World excluding Benelux, France, Germany, Switzerland and Austria; Scandinavia non-exclusive
Size	180 mm x 130 mm
Pages	240 Pages
Illustrations	160 color
Name of series	One A Day
Price	£22.00

- Presents 160 photography challenges that trigger your creativity and inspire you to slow down, look around, and have a more mindful outlook on life

Whether you're using a top-notch camera or the one on your phone, anyone can practise being more present through photography. ***One Photo A Day Keeps the Doctor Away*** will help you do just that, through 160 photography challenges that help you to slow down and look around.

To inspire you, each challenge is accompanied by a carefully selected quote, sourced from a diverse collection of books by inspiring thinkers, writers, artists and philosophers – all of them experts in the art of looking, seeing and being.

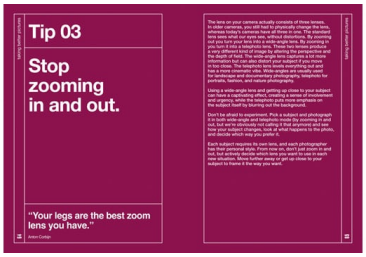
Taking a moment out of your busy day to create a thoughtful image will sharpen your focus and creativity. Share your discoveries with the world, using the hashtag for the challenge, so others can see what you saw.

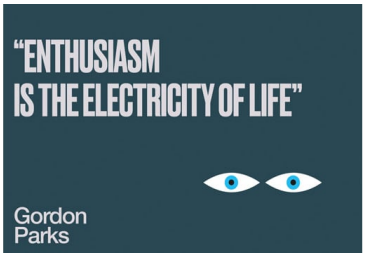
Now, open the book and pick a photo challenge. What will your photo look like today?

#onephotoaday

Joost Joossen is a freelance photographer who loves to read and write. For over 20 years now he's been shooting for magazines, newspapers, television, NGOs, governments and advertising agencies. Joost also teaches and gives inspiring workshops on looking, seeing and being.







Published 1st Mar 2023