

# Your Brain on Art

Book Club Discussion Questions  
by Susan Magsamen & Ivy Ross

1. What part of the book resonated with you the most and why?
2. Did anything in the book change how you view art, creativity, or everyday beauty?
3. Was there a moment that made you pause and reflect on your own creative habits or environment?
4. How has art personally supported you during stressful or emotional times?
5. Where do you see the connection between art and well-being in your own life?
6. What creative activity makes you feel the most grounded or calm?
7. How do you currently use creativity for self-care?
8. What small creative ritual could you add to your daily life?
9. How does your physical space affect your creativity and mood?
10. What colors, textures, or visuals inspire you the most?
11. Did the book make you want to change anything about your home or studio?
12. How can we make our creative spaces more supportive and joyful?
13. How does creating art with others change the experience for you?
14. Why is community such an important part of creativity?
15. How has being part of a creative community influenced your confidence?
16. What is one idea from the book you want to put into practice?
17. How can you use art more intentionally in your life?
18. What would you tell someone who thinks they are not creative?
19. How does this book support the idea that art is for everyone?
20. If this book had a color, texture, or symbol, what would it be and why?

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