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for markers,
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our creative businesses, and our creative lives. Like any muscle, creativity requires repetitive and challenging exercise to grow. The 30-day program provides an escalation of creative exercises that test our problem-solving

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prowess and train us to overcome the obstacles that inhibit ideation. The program tests regularly, both in idea quantity and quality, to ensure we are on track with our boot camp goals. But unlike the gym, these exercises aren't to be dreaded. They

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are light, fun, and take 10-15 minutes max. By the end of the 30-day boot camp, readers will see noticeable improvement in the quantity and quality of their ideas.

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Creative Grab Bag
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of exploration and innovation—inside, you'll find inspiring work from 101 artists from around the world. Ethan Bodnar asked each artist to take on a task outside the realm of their normal work. Each task was randomly selected from a grab bag. The

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result is a collection of work brimming with creative energy. In this book, you'll find short biographies of the artists, examples of their typical work, their thoughts on the creative process, and images of their completed creative task. Here's a

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tasks: Design a
Building Make a
Self-Portrait Make
Art like a Child
Design a Brand
Create Visual
Statistics Illustrate
a Memory Illustrate
Your Day Create a
Collage Create a
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your office, your school or your group, it may have already become a bad word. You're charged with generating a great idea à the next big thing... the perfect concept. But you only have a limited

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idea will be a "big
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between
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