

#SELFKNOWLEDGE #SELFAWARENESS #CREATIVITY #ARTISTS #GUIDE

EXPRESSION REVOLUTION BY SHUMI GAUTO

LIBERATE YOUR TRUE ARTISTIC EXPRESSION!

Expression Revolution proposes a profound journey of personal exploration that will challenge you to confront your creative preconceptions and step out of your comfort zones, expand the boundaries of your artistic practice and provide you with a path to your most creative and authentic voice.

Shumi Gauto (director, playwright and creator of the original method of acting training called "The Own Expression"), finds a new and revealing way to restore us the ability to enjoy and create without limits.

A **guide** for artists, creators and anyone who wants to awaken their sensitivity and reconnect with the pleasure of creating.

There is no right or wrong. There is surrender or resistance.

How deep do you dare to go?

This journey includes:

- 22 exercises to draw, videotape yourself, write, dance, meditate, sing and experiment with collage.
- 13 conversations with artists, creatives and thinkers to broaden your vision and immerse yourself in multiple creative universes.

For all the people who enjoyed classics such as "The Artist's Way" or "Free your Magic", it will become a new treasure in their libraries, a book that deepens (from a current point of view) the search for pleasure in self-expression.

Features:

Book size: 210mm(H) x 150mm(W) (Portrait)

Cover: Paperback. 4C/4C print, matte varnish.

Pages: 160 Pages, 90gsm uncoated paper. 4C print on double sides.

Sewn Bound. Square back

Every page is different.

Number of words: 2500

Copies sold: +800

Praise for Expression Revolution:

"Shumi enables uncertainty and gives the body permission to do what it wants to do: rest for a while from the mind and be a vehicle for enjoyment; surrender to surprise and dive into wonderfully strange and unknown places."

Carolina Kopelioff, actress.

"In a system that reinforces prejudices and insists on formatting our desires, the revolution is to find and express our own voice. Shumi, generous and playful, designed a compelling and infallible method."

Erika Halvorsen, writer and screenwriter.

"This methodology is what part of modern science tries to explain: how to find an emotional and physical balance by exploiting our creativity through a multidisciplinary practice."
Estanislao Bachrach, writer and neuroscientist.

"A work with just the right pace to pause and reflect."
Kevin Johansen, singer and composer.

About The Author: Shumi Gauto



Shumi Gauto (Buenos Aires, 1983) is a broadcaster, actress, playwright, director and theater teacher.

Since 2004 she has worked in radio as broadcaster and was host of the programs *Su atención por favor*, *Weekender* and *Metro Live* among others.

In 2019 she wrote, directed and acted in *Vida y obra del Dr. Lipovetski*, (*Life and work of Dr Lipovetski*) a multi-nominated play for the Hugo Awards.

Co-creator of @cuentoferocesok, a children's audio storytelling success declared of provincial interest, where she reverses children's classics in a deconstructed key with the collaboration of prominent artists.

Since 2013 she has been a theater teacher and in 2018 she created an original acting training method called "The own expression", which she offers in Argentina and Uruguay to people of all ages.

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