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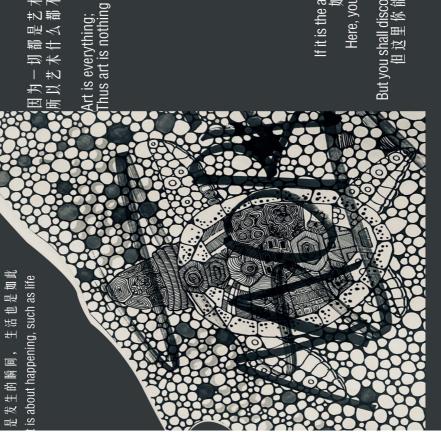
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Bingtong Luo, MA Art and Education Practices Pocket Wisdom of Art/Life



The content of this book discusses the dynamic balance of chaos and order within Art/Life, all contents come from my daily reflection of aspects of my personal life, aspects of my professional life, and things I learnt throughout the journey that I personally find inspiring.

As much as the title of the book gives the illusion of being a Self-Help book, which is somewhat correct, but the goal of this book is not about telling people how they should live their life, but merely offering a new

perspective, an ongoing conversation, and free self-expression.

Just as art can be very subjective, all these self-contradictory theories will give free space for my audiences to come to their own conclusions.

lg: @ripple_elppir