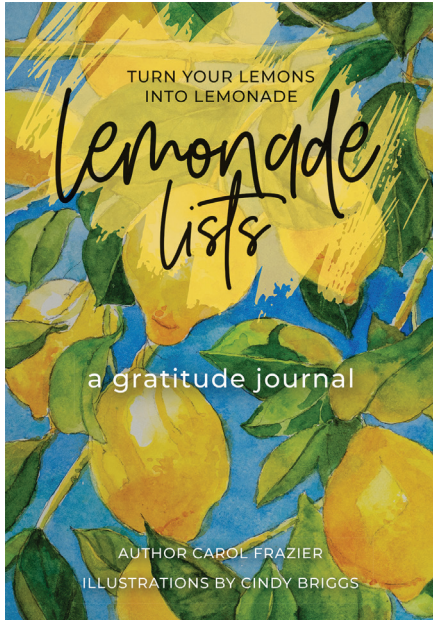


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Lemonade Lists

a gratitude journal

AUTHOR CAROL FRAZIER

ILLUSTRATIONS BY CINDY BRIGGS

Lemonade Lists guides you through discovering your authentic voice, showing you how to weave creativity and gratitude into your daily life. Each page inspires self-reflection, revealing fresh perspectives and insightful expression.

Creative cousins Carol Frazier and Cindy Briggs honor their shared legacy by passing forward the joys of music, art, cooking, and writing. Through their books and workshops, they inspire others to embrace the transformative power of creativity.

About the Author



Carol Frazier is an impassioned artist dedicated to inspiring others as an accomplished recording artist, actress, screenwriter, author, speaker, and creative coach. She is the founder of Carol Frazier Studio, hosts the online summit Inspired Creativity, and provides artistic development for creatives.

Carol's own original music can be found on all streaming platforms, and spans four original albums: *Life's a Ride*, *Simple Baby Boy*, *Très*, and *Then Came You*; as well as three compilation albums. Her original compositions can also be found in film and TV.

After overcoming obstacles on her own personal journey, recovering, and healing with gratitude, Carol created the Lemonade Lists to encourage others to do the same—"making lemonade out of lemons." She also created several online courses and group programs to help people find their voice and follow their dreams: *Compose Yourself*; *Overcome Stage Fright and Heal Performance Anxiety*; and *The Sing Zone Method*, for which she has also written a book of the same name.

Carol is based in Carmel-by-the-Sea, CA; and Aspen, CO. You can visit her at carolfrazier.com.

About the Illustrator



Cindy Briggs, NWS, NWWS, comes from a family of artists who are inspired to create and share their love of painting. Sharing her journey through watercolors, she blends light, emotion, and luminous color to leave a lasting impression.

As an international watercolor workshop instructor for twenty-five years, Cindy continues to lead *plein air* workshops throughout Europe and the United States. She also teaches online and studio workshops for Smithsonian Art Studios; Terracotta. art; and other leading arts organizations; as well as at the University of Utah, near her home. Encouraging artists at all levels, her numerous online programs offer accessible opportunities for creative growth.

Cindy is a Signature Member of the National (NWS) and Northwest Watercolor Societies (NWWS), as well as a Daniel Smith Watercolor Ambassador. Her work is featured in *Splash 24*, *Plein Air* magazine, *Outdoor Painter*, and *American Watercolor*.

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