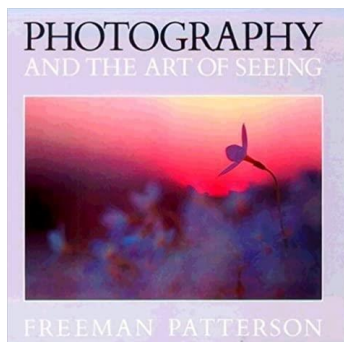




# Joy of Seeing Reading List

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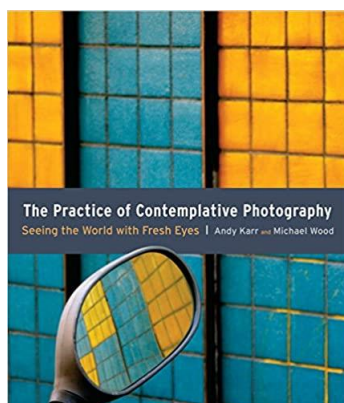


## The Art of Seeing

**Freeman Patterson** is in my top three most influential photographers. His series on seeing is a must for any photographer, and I believe for anyone wishing to appraise and comment on imagery. He majors on Visual Design, rather than on any process for seeing, so that we have a new language, a new way to see the world around us in the form of its raw elements, starting with contrasts of light and colour, and with the lines and shapes that they form.

***Photography and the Art of Seeing*** – ISBN 13: 978-1-55263-614-5

***Photographing the World Around You*** – ISBN: 13: 978-1-55263-612-1



## Contemplative Photography

Much of my own approach (though I developed it wholly through my own practice, not any particular teaching) is embodied in Contemplative Photography and the Tibetan Buddhist idea of

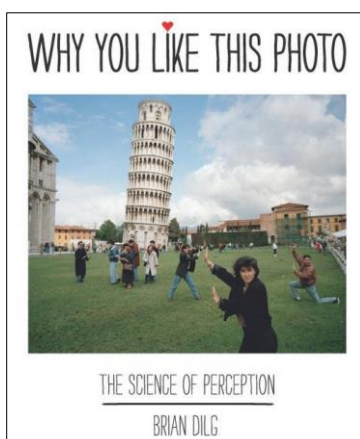
**Miksang:** <https://www.miksang.com/miksang/>

Two original practitioners are **Michael Wood** and **Andy Karr** whose book I can highly recommend. They include some of the exercises I use on location.

***The Practice of Contemplative Photography*** – ISBN 978-1-59030-779-3

You might also enjoy this podcast with Michael Wood -

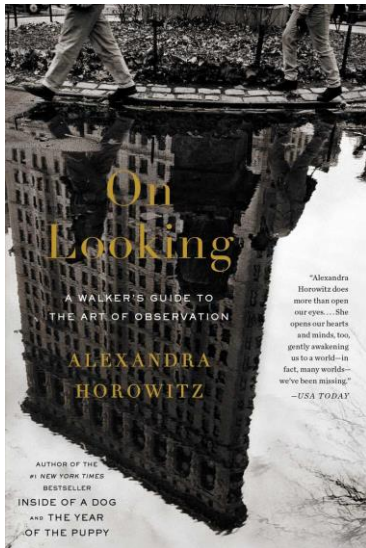
[http://media.libsyn.com/media/thecandidframe/The\\_Candid\\_Frame\\_35\\_-\\_Michael\\_Wood.mp3](http://media.libsyn.com/media/thecandidframe/The_Candid_Frame_35_-_Michael_Wood.mp3)



## Why (DO) You Like This Photo

Beginnings of photo appreciation and visual literacy in a delightful and easy to understand form. Psychology can be daunting for some, but this is accessible and right on point.

ISBN 978-1-78157-374-7

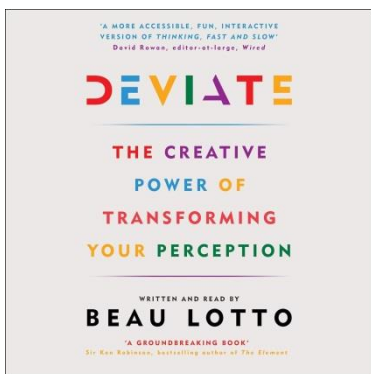


## On Looking

A new addition to this reading list. Our narrator **Alexandra Horowitz** takes a walk around the block with a multitude of people who each sees the world through their own 'frame' of expertise. Most illuminating is the underlying psychology of why we see what we see, and more importantly why we don't see outside of our immediate frame of reference. And most revealing of all is the walk with her nineteen-month old son.

This book is a joy.

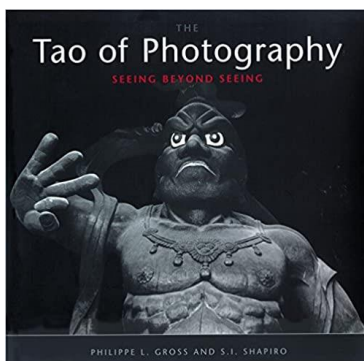
**On Looking** – ISBN 978-1-4391-9125-5



## Deviate

The colour and tone illusions I use in my presentations are inspired by the work of **Beau Lotto**. If you think you understand how you see the world around you, especially as a photographer, think again – this book will shatter your own illusions and create the space for wholly new thinking and perception.

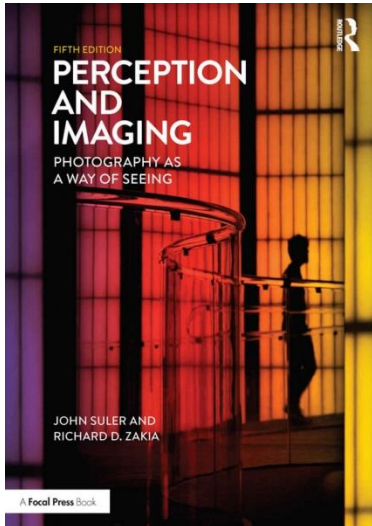
**Deviate** – ISBN-13 : 978-1474601023



## Going Deeper – The Tao of Photography

This challenging and provocative text takes us into classic photography from some of the greats, and then goes much deeper, beyond seeing itself. **Philip L. Gross** and **S.I. Shapiro** draw comparisons with the Chuang-tzu and how, even if they were not aware of it, many of the great photographers exemplified the light touch and observational approach to seeing that comes from being in the moment, non-judgementally.

**The Tao of Photography – Seeing Beyond Seeing** – ISBN 978-1-58008-194-8



## Photopsychology and Perception in more depth

This extensive e-book by John Suler cover Photopsychology – the psychology of photography. Dip in an out as it interests you.

[http://truecenterpublishing.com/photopsy/article\\_index.htm](http://truecenterpublishing.com/photopsy/article_index.htm)

John has edited the fifth edition of a classic text *Perception and Imaging* by the late Richard Zakia:

***Perception and Imaging: Photography as a Way of Seeing* – ISBN 978-1-138212190**

## Mindfulness

In all of these books, only John Suler mentions Mindfulness by name. Mindfulness has been adopted as a contemporary western idea. Its efficacy is undoubted but it is in danger of becoming commoditised, overly-intellectualised and misused.

However, it is important to understand its roots in eastern philosophies.

Mindfulness (and Mindful Photography – photography done mindfully) is linked inextricably to formal meditation, but it need not be so. The exercises we use on our workshop programme and those described in these books allow us access to a clear and uncluttered mind in everyday situations, such that with practice we can slip easily in and out of ‘the seeing zone’ and states of flow.

Other photographers working in a Mindful way include Paul Sanders <https://www.discoverstill.com/>

Do enjoy and be inspired, but above all else, be your own artist and practise every day.

Namaste

... Ken Scott

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