



## Naked Lens: Video Blogging Video Journaling to Reclaim the You in Youtube

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By Michael Sean Kaminsky

Organik Media, Inc. Paperback. Book Condition: New. Paperback. 224 pages. Video blogging (aka vlogging) is the powerful expressive tool that transforms the way we communicate. Journaling is the time-proven practices that ignites creativity and inspires change. Naked Lens combines both and offers an exciting new way to experience video, journaling and life. Learn how to: Develop presence on camera and off Use video blogging or journaling to wake-up the unconscious mind and increase self-understanding Find your authentic video voice and increase self-expression Create dynamic, creative content that is unique to you Use video blogging with mindfulness and purpose Jump ahead of the oncoming video revolution and become part of its evolution Connect self to world and in the process change both Are you ready Grab your webcam, mobile phone, camcorder, or whatever shoots video, and get ready to join the video regeneration. Praise for Naked Lens: Video Blogging and Video Journaling to Reclaim the YOU in YouTube: Original, informative and brilliant! An indispensable guide for anyone who wishes to seize the day by keeping a video diary for self-awareness and healing. Kaminsky has absorbed the wisdom accumulated by centuries of written journal keeping and brought it to the cutting edge mediums of...



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