

## 1: the book of qualities // J. Ruth Gendler

*The Book of Qualities by J. Ruth Gendler. Excitement wears orange socks. Despair papered her bathroom walls with newspaper articles about acid rain.*

What adjectives describe you? I highlighted the ones that fit my personality. Not in a miraculous way. She just moves around and stirs things up. She plays the flute with all kinds of sounds. Her laughter filled the sky. The wind is wonderful storyteller. I still remember how she introduced me to the qualities when I was a child. She liked pearl flowers. She loves the sun and the wind in the night. He carried a silver bowl of liquid moonlight with stars at her paws. Many people mistrust pleasure, and even more misunderstand her. I thought she was a goddess of and if flirt and she drank too much school we learned that she was dangerous and I was sure that she would distract me from my work. As I have changed. I have learned to value her friendship. She makes lists of everything that could go wrong with while she is waiting for the train. She is sure she left the stove on and the houses going to explode in her absence. When she makes love, her mind is on the failure rates and health hazards associated with various methods of birth control. The drug companies want Worry to test to test their new tranquilizers but they done this and what she knows too well: She is terrified of the unknown. FEAR Fear has a large shadow, but he himself is quite small. He has a vivid imagination. He composes horrific music in the middle of the night. He is not very social, but he keeps himself at political meetings. His past is a mystery. He warned us not to talk to each other about him, adding that there is nowhere any of us could go where he could not hear us. When we can talk to each other, he changed. His manners started to seem pompous, and his snarling voice sounded rehearsed. She makes marvelous dark red. He has beautiful hands. She carries great sacks of peace and purses filled with small treasures. Each claim he most resembles the other one. He is a tall boy, lately he has gotten a bit plump. He is always trying to make people like him. His attempts usually backfire. Confusion is very accident prone. He lives from crisis to crisis. Even the clearest directions are impossible for him to follow. His friends shudder when they see him heading towards their studios. He is lonely, but not nearly as innocent as he seems. She is the only one who can sing to him. He wears his isolation around him like a gray sweater on back across the shoulders. It started when he was a little boy listening to the adults upstairs screaming at each other as he hid under the covers. At age 7 he vowed never to need anyone. It was as if he killed himself inside his skin, separate from everyone. Once Loneliness almost changed his mind. There was a woman whom he cherished. He loved her so much that he thought he would never be self again. Now more convinced than ever that companionship is a lie and joy is fragile, he has become contemptuous of others happiness. For years she worked with abused children. She has documented how we all suffer from nourishment based on insufficient amounts of love. She has a heart condition. In her dreams the wars is everywhere. She is not lying or exaggerating. Still, it is difficult to be around her. There is no arguing with her. She is persuasive, eloquent, and undeniably well-informed. If you attempt to change her mind, you will, where green with her. She has stopped listening to music. Although he is arrogant, he is not nearly as confident as others assumed. He does not quite know how to handle all of his insight, the people get the wrong idea. Guided by a sense of inner necessity, she works hard and takes many risk. When Discipline was a teenager too poor to afford dance classes, she skipped lunch to pay for her lesson. Discipline has a strong sense of order. However, when things are to meet she feels compelled to mess them up. She has a complex relationship to form. She appreciates the necessity and dangers of structure. She understands the same structure which supports you can also hold you back. The bones of the skeleton which support the body can become of bars of the cage which imprisoned the spirit. After Discipline has mastered a form, she is free to improvise. She sleeps on a futon on the floor and lives close to the ground. She looks you straight in the eye. She is not impressed with power trippers, and she knows first aid. When Courage walks, it is clear that she had made the journey from loneliness to solitude. The people who told me she is stern were not lying. He does not trust anyone, not even his friends, Worry, Terror, Doubt, and Panic. He has a way of glomming onto your skin like smog and then you feel unclean. He likes to visit me late at night when I am alone and exhausted. I have never slept with him, but he kissed me on the forehead once, and I had a headache for two

years. He is sure a nuisance to get out of the house. He has no respect for locks, curtains, or doors. I speak from experience. It takes Cunning to get rid of him, a combination of anger, humor, and self-respect. A bath helps too. He does not like to get wet. As a last resort, if you are not near a bathtub, wet your face with tears. You must be gentle when you approach her. She is more sensitive than we can even imagine and she does not explain herself much. Her favorite time is dawn. It was not always like this. I used to visit other people who visited him. Finally, I summon the courage to call on him myself. I store the first time I went to see him. Was I surprised, he lives on the hill a little house run by wild roses. I went into his living room set down a caramel chair by the fireplace. There were topographical maps on the walls, and the room was full of soft, musical history, telescopes, globes, geodes, crystals, tarot decks, and two small cats. She takes long walks the purple Hills at twilight, pausing to meditate at old Temple near the crossroads. She was sick as a young child so she learned to be alone with herself at an early age. Wisdom has a quiet mind.

### 2: Art and Soul Artist J. Ruth Gendler Â« Truly Amazing Women

*The Book of Qualities [J. Ruth Gendler] on [www.enganchecubano.com](http://www.enganchecubano.com) \*FREE\* shipping on qualifying offers. From Beauty to Compassion, from Pleasure to Terror, from Resignation to Joy -- here is an insightful exploration of the rich diversity of human qualities.*

Despair papered her bathroom walls with newspaper articles about acid rain. Joy drinks pure water. The Book of Qualities presents 74 qualities--including Pleasure, Anger, Terror, Beauty, and Change as everyday characters who live among us. Both personal and impersonal, the Qualities convey a variety of human emotions in a simple and entertaining manner; readers are inspired to reflect on their own qualities and communicate their feelings with new clarity. About the Qualities When I was a little girl, I made up a story about the store where they sell Qualities. More like a trading post or library than a department store or supermarket, we could go to the store where they sell Qualities to taste, try on, and sample various qualities. From time to time as a teenager I made notes about the factory where they manufacture facts and the image warehouse where they store belief systems. As I committed myself more seriously to writing Qualities, I began to consider the limits of emotional language. We often assume we know the dimensions of an emotional quality and whether it is good or bad without taking the time to see where the quality can take us and what it can teach us. During the process of writing The Book of Qualities I felt like an explorer trying to penetrate underneath the layers and stereotypes to experience the Qualities more directly. I was turning my skills in investigation and observation inward, focusing on the textures and colors of the emotional landscape, calling on my training as both a journalist and an artist. The Qualities seem to exist in a community of their own, apart from us, and simultaneously, they are very familiar, a part of our everyday world. I imagine that the Qualities live together in a town--Courage lives on the same block as Fear. Faith and Doubt are in the same apartment building; Despair hangs out in the basement. Reading the Qualities aloud brings them to life; even the same Qualities change subtly in response to the moods and needs of the people listening. The Qualities continue to open doors in several directions at once. I am interested in the difference between similar Qualities such as Joy and Ecstasy, Contentment and Pleasure and the relationships between seeming opposites like Certainty and Confusion, Beauty and Ugliness. What happens when Courage and Simplicity work on a project together, when Pleasure and Sufficiency take a walk? Somewhere around the New Year I choose a Quality for the year and then pick one out of a bowl of Qualities, walking between the one I choose and the one that chose me. Each Quality has its own challenges and gifts.

### 3: The Book of Qualities - J. Ruth Gendler - Google Books

*Reading The Book of Qualities helps to uncover the hidden qualities in each of us. J. Ruth Gendler makes human qualities visible, visceral, real elements of mankind. As you read each quality you identify yourself and others in your life.*

Ruth Gendler is an artist, writer and teacher who believes in the transformational powers of art. She started writing early and her earliest works were, not unsurprisingly, poems. I came across it during an idle browse in a used bookstore one day and instantly bought it. Gendler gives them emotions, faces and personalities. And, as they come to life in her words, they make us wonder about our own particular versions of them. Here, courage and fear live side-by-side, beauty and ugliness share certain traits and pleasure and pain have a long-held connection. Gendler describes how she came about to writing this book as follows: When I was a little girl, I made up a story about the store where they sell Qualities. More like a trading post or library than a department store or supermarket, we could go to the store where they sell Qualities to taste, try on, and sample various qualities. From time to time as a teenager I made notes about the factory where they manufacture facts and the image warehouse where they store belief systems. As I committed myself more seriously to writing Qualities, I began to consider the limits of emotional language. We often assume we know the dimensions of an emotional quality and whether it is good or bad without taking the time to see where the quality can take us and what it can teach us. For writers, poets and artists everywhere, these vivid descriptions can even be a terrific trigger for their own works. If nothing else, they allow us to look at the people in our lives — real and fictional — through a more acutely-observant lens, and, perhaps, understand the subtleties in their moods and needs. What I like particularly about these three excerpts is how Gendler paints or creates characters or situations that most of us can immediately identify with. And, these are well-rounded and multi-dimensional — so that the positive qualities have some negative traits and vice versa. Nothing is inherently good or bad in itself. As it is, the quickest of us walk about well wadded with stupidity. And, those rare visions and insights become, often, the defining moments of our lives, for better or worse. The Book of Qualities excerpts 1. Pleasure Pleasure is wild and sweet. She likes purple flowers. She loves the sun and the wind and the night sky. She carries a silver bowl full of liquid moonlight. She has a cat named Midnight with stars on his paws. Many people mistrust Pleasure and even more misunderstand her. For a long time I could hardly stand to be in the same room with her. I went to sleep early to avoid her. I thought she was a gossip and a flirt and she drank too much. In school, we learned she was dangerous and I was sure that she would distract me from my work. As I have changed, Pleasure has changed. I have learned to value her friendship. Unhappiness Well, your children told me Unhappiness has volunteered to cook for you. I understand you do not enjoy fixing meals for your hungry household. Still, I must warn you to consider this offer carefully. Unhappiness was the cook in my dormitory food service years ago. Her favorite meal is burnt lentils with stale toast. Her taste in vegetables runs toward the rotten. Even when she makes foods that taste good, you leave the table vague and unsatisfied, you find yourself eating flat bread in the corner of the pantry an hour later. Complaining to her about the food does not help. Mean comments please her. Fear Fear has a large shadow, but he himself is quite small. He has a vivid imagination. He composes horror music in the middle of the night. He is not very social and he keeps to himself at political meetings. His past is a mystery. When we began to talk to each other, he changed. His manners started to seem pompous, and his snarling voice sounded rehearsed. One is ceramic and Chinese. The other is real. If you make it past the dragons and speak to him close up, it is amazing to see how fragile he is. He will try to tell you stories. He is a master of disguises and illusions. Fear almost convinced me that he was a puppet master and I was a marionette. Speak out boldly, look him in the eye, startle him. Win his respect, and he will never bother you with small matters.

## 4: The Book of Qualities by J. Ruth Gendler

*A Quality Personality In J. Ruth Gendler's The Book of Qualities, 70 abstract qualities come to life, walking and talking, borrowing Grandmother's shawl and telling scary stories late into the night.*

Ruth Gendler Who she is: Ruth Gendler is a best-selling author, nationally exhibiting artist, and educator who has worked as an artist in the schools and led writing workshops for adults and children for more than 25 years. Ruth Gendler is a best-selling author, nationally exhibiting artist, and educator who has worked as an artist in the schools and led writing workshops for adults and children for 25 years. Gendler reminds us that beauty gives meaning, purpose, and delight to our lives. She invites us to slow down, listen to our senses and ours souls, and nurture the beauty inside and around us. She posts occasional web essays on the creative process at Redroom. Sometimes, I feel like the bowls are everywhere! There are so many things that are bowls: Books, tangible, coherent and contained, feel like bowls of language and light. More than information, entertainment, or literal instruction, the arts offer nourishment. The arts are as essential for our souls as food for the body. Art is not separate from the spiritual spheres; we operate on an aesthetic level. Art offers a pathway to describe and dance with the vital forces of life. No one is only an artist; everyone is sometimes an artist. Understanding the Process Artwork: Creativity is nourished by compassion and love as well as by outrage and angst. At an art symposium, a speaker tells a roomful of artists and educators that artists are the people who break the rules. Artist as rebel “ I know the archetype and the impulse. Sometimes artists break the rules. Sometimes artists help us see what is out of balance. Sometimes artists bring new eyes and hands to a tradition that is centuries old. Artist as messenger, traveling between the past and the future, the handmade and the electronic, confirming humanity, affirming life, giving voice to what we know but cannot say. When we are invited to express ourselves in a safe environment; nourished by and educated about the work of great artists; taught to revise, refine and polish our work; and listened to with attention and respect, we are capable of making work that is soulful and strong. Ways to Feed the Soul Artwork: And listen for the questions inside the question, listen for multiple answers. Let yourself stay with one question over time. What do you want to put your energy into? What do your hands and heart know how to do? Make sense, make sentences, make soup, make love, make breakfast, make books, make time, make trouble, make friends, make believe, make mistakes, make a statement, make up a story, make a garden. What makes you happy? What are you made of? What and how are you making your life? What makes this place home? What makes you, you? The making of a life involves both dreaming and building that life out of imagination and skill, focus, and receptivity. What we work on, works on us. Walking brings the physical world of light and air, shadow and scent, to our imagination. Walking feeds our senses. Walking gives us a felt sense of the distance between where we have been and where we are going. Even if your head is in the clouds, your mind is still in your body. The brain is connected to the spine, the nervous system, the fluid that holds the organs. Walking, we sense that intelligence lives in the whole body “ the skin, the senses, the ankles, the soles of the feet, the toes. Walk to make sense, to marry the rhythm of thought with the rhythm of feet. Walk to find yourself in the world, to appreciate the everyday beauty in our lives. Creativity has a different schedule and a different rhythm than other forms of work. Investigate the difference between procrastination avoiding work and gestation waiting for the work to ripen and oneself to grow into it. Sometimes we need to invite the creative into our lives with attention, awareness, personal rituals. At times we are waiting when we need to act. Other times we are busy trying to make things happen when it is time to wait. Attend to your dreams. Listening to and writing your dreams, drawing them, dancing them, develops respect for our immense imagination and the inner coherence of the psyche. Listen to words, find your language. I often suggest to young people who want to be writers that they learn another language. It is a much more lively way to learn grammar and the idiosyncrasies of our own language; it reveals the way language and thought are intertwined, but are not the same. Likewise listening to everyday idioms and etymologies wake us up to the images that live in our words. Conversation is a compound of the Latin verb *vertere*, to turn, found also in *verse*, *reverse*, *universe* and *com*, meaning with. When we are talking together, we are turning with each other. Language, like the body, is alive, expressing the

soul, the self in breath, phrase, and tone. Language whispers and weeps, walks, dances, and sings. Allow your language to find you. Take down the dulcimer. When I was researching an anthology of myths, poems, and prayers about night and day from around the world, I was delighted by the dawn songs and the morning prayers. How we wake up matters! A Hasidic prayer cautions to be careful how you speak the first words of the day. We look at the screen before we look at the sky. There are hundreds of ways to kneel and kiss the ground. It is bigger than our minds and feelings. It is an exchange between our small soul and the great soul of the world. The more we are alive to the world, the more the world comes alive in us. Learn more at [www](http://www).

### 5: J. Ruth Gendler Quotes (Author of The Book of Qualities)

*10 quotes from J. Ruth Gendler: 'Sensuality does not wear a watch but she always gets to the essential places on time. She is adventurous and not particularly quiet.'*

Goodreads helps you follow your favorite authors. Be the first to learn about new releases! Start by following J. She is adventurous and not particularly quiet. She needs to move. She thinks with her body. Even when she goes to the library to read Emily Dickinson or Emily Bronte, she starts reading out loud and swaying with the words, and before she can figure out what is happening, she is asked to leave. As you might expect, she is a disaster at office jobs. Sensuality has exquisite skin and she appreciates it in others as well. This is not intended as a provocative gesture but other people are, as usual, upset. Sensuality does not understand why everyone else is so disturbed by her. As a young girl, she was often scolded for going barefoot. Sensuality likes to make love at the border where time and space change places. When she is considering a potential lover, she takes him to the ocean and watches. Does he dance with the waves? Does he tell her about the time he slept on the beach when he was seventeen and woke up in the middle of the night to look at the moon? Does he laugh and cry and notice how big the sky is? It is spring now, and Sensuality is very much in love these days. Her new friend is very sweet. Climbing into bed the first time, he confessed he was a little intimidated about making love with her.

## 6: J. Ruth Gendler, Author, Artist, Teacher - The Books

*The Book of Qualities by J. Ruth Gendler ratings, average rating, reviews The Book of Qualities Quotes (showing of 8)*  
*"Sensuality does not wear a watch but she always gets to the essential places on time.*

Abstractions defining and writing about "relationships" between personified elements This lesson was created for WritingFix by Northern Nevada Writing Project Teacher Consultant Jamie Priddy at a workshop for teachers. This on-line writing prompt is inspired by J. Before writing to this assignment, students should discuss passages from this book. To our loyal WritingFix users: Please use this link if purchasing The Book of Qualities from Amazon. A note for teachers: These lessons are posted so that you may borrow ideas from them, but our intention in providing this resource is not to give teachers a word-for-word script to follow. Pre-step—before sharing the published model: Discuss the idea of personification with students. Depending on the age level of your students, you may need to spend some time teaching this concept. At a minimum, come up with a definition as a class and share a few examples. We spend a few minutes in class coming up with examples and analyzing how each example demonstrates personification. Step one—sharing the published model: Discuss with students that personification can be used to describe abstract concepts. Make sure students understand what an abstract noun is and can give a few examples of an abstract noun. Point out to students that in these unique examples of personification, each idea is talked about as if it were a person. Have students pick out some of the examples of personification in each piece. I usually have my students read through the examples and then pick out their favorite line and explain why that particular line is a great example of personification. Step two introducing student models of writing: In small groups, have your students read and respond to any or all of the student models that come with this lesson. In , we first began accepting students samples from teachers anywhere who use this lesson. Hundreds of new published students now go up at our site annually! Step three thinking and pre-writing: The Interactive Buttons on the Student Instructions Page might give students an idea of which abstract noun they would like to personify. Once students have chosen their topic, give them this graphic organizer to help them begin planning their personification poem. Have students fill in the organizer focusing on their abstract noun and the human qualities they will use to personify their noun. After filling out the organizer, students will be ready to write their personification prose poetry piece modeling it after the examples shown in class. We share graphic organizers with our peers, we find them in books, and we think we should also be able to find tried-and-true ones online at WritingFix. Original graphic organizers for specific lessons, like this one, can be submitted as an attachment at this link. Look for the "Reply to this Box" beneath the post. To be able to post, you will need to be a member of our free Writing Lesson of the Month Network. Step four revising with specific trait language:

## 7: The Book of Qualities Quotes by J. Ruth Gendler

*Ruth Gendler's evocative book has as its cast of familiar characters our own emotions, brought to life with a poet's wisdom and an artist's perceptive eye. In The Book of Qualities' magical community, Excitement wears orange socks, Faith lives in the same apartment building as Doubt, and Worry makes lists of everything that could go wrong while.*

## 8: Weekend Poem: The Book of Qualities (excerpt) by J Ruth Gendler — indiatopia

*The Book of Qualities by J. Ruth Gendler and a great selection of similar Used, New and Collectible Books available now at [www.enganchecubano.com](http://www.enganchecubano.com)*

## 9: WritingFix: a 6-Trait Writing Lesson inspired by J. Ruth Gendler's "The Book of Qualities"

*This isn't strictly a poem, but the metaphoric descriptions and visual imagery make this entire book read like a versified*

**THE BOOK OF QUALITIES BY J RUTH GENDLER pdf**

*prose poem. J. Ruth Gendler is an artist, writer and teacher who believes in the transformational powers of art.*

*Cinematic society Holyrood and Canongate Get over it and on with it! Shelleys principles; has time refuted or confirmed them? Books and theatres. NanoMEMS applications: circuits and systems The nine steps of therapeutic thematic arts programming Homeopathic first aid for animals Sage ings for introductory sociology Narrative of Suprising Conversions Treasure of Qumran The Alabaster Cross Compactifications of symmetric spaces 11. Israel Putnam. Nathan Hale. Man faces his destiny Scotlands Winter Mountains An address delivered by Abraham Lincoln Paul, a challenge to Christians today Krav maga techniques book A multilateral system for plant genetic resources Dashboard reporting with excel Losing battles and Katherine Anne Porters Ship of fools: the commonality of modernist vision and Homeric Astrology and Your Horse Struggling for Perfection (Stories of Canada) Long-term sources of funds and the cost of capital Thomas E. Copeland China and the Long March to Global Trade Cotton in mediaeval textiles of the Near East Social cognition an integrated introduction 2014 Object Property Configuration and Proxies Developing the parish as a community of service Aipmt test papers Sociology And Ethics Personnel Practice Implementation, part 2: bumps in the road Pistols and Revolvers (Complete Encyclopedia) 5.3. Pubs, clubs, and parties Machine generated contents note: 8 Syncretism and Style An End to Suffering Hot to draw manga The Eye of the Poet*