A Confession of Armor:  
An Exploration of Book as a Sculptural Object  

*Kathryn Craig*  

**Revealing the Self** (front)  
Copper, paper, silk, sassafras, faux leather, waxed linen thread  
10” H x 19” W x 7” D  

**Shame, Redacted**  
Abaca paper, mild steel, copper, brass chain, faux leather, waxed linen thread  
13” H x 10” W x 3” D
**Artist’s Note**

This mixed media project expands the traditional book form into sculptural objects that explore the essence of emotional vulnerability and its role in living an authentic life. Each of the books in the exhibition contains my own poetry as well as writings from my personal journals. The subject of these writings is reflected in how I have chosen to include them within each sculpture.

The content of the work is grounded in self-exploration through writing and sketching ideas, as well as referencing the work of other artists for inspiration and visual guidance informing construction goals. Other inspirations include the writings of Brené Brown, PhD, a vulnerability and shame researcher and storyteller, and Kathryn Schultz, author of *Being Wrong*. Specific processes that were not learned at Tennessee Tech’s Appalachian Center for Craft were researched online and through discussion with other artists then tested in the studio. In many cases, multiple samples of a technique were required to achieve the desired results. When success was elusive, modifications were made, often leading to better outcomes through creative explorations.