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## Nostalgia



I was reading some clinical studies recently (I know, Why?) and I discovered a study I found interesting. When you mention nostalgia some people think only on days past and old fashioned ways of doing things. But, a new study from Current Directions in Psychological Science, shows that nostalgia often results in increased positive emotions stemming from feelings of warmth and happy memories. Designs like the old red truck are so popular because they touch our heartstrings and remind us of time spent with family.

The study got me thinking about our response to artwork and trends. A recent trend has been large realistic flowers, reminding us of casual times and time spent gardening and outdoors. In Atlanta I noticed the return of gnomes, which I remember seeing in a neighbor's yard when I was a child. Trains are also popping up, another remembrance of times past or vacation travel and again happy memories.

According to Dr. Constantine Sedikides, University of Southampton, England, "Nostalgia is shown to counteract loneliness and boredom. It makes us more generous to strangers and more tolerant of outsiders. Couples feel closer and happier when sharing nostalgic memories."

What does all of this mean to us? I think it means we should continue what we are doing because we are creating the nostalgia and happy feelings for the next generations. I know I will be giving some thought to times past and looking to see what the next trend is, I am sure it will conjure up some wonderful memories.

Check out some of the nostalgic images from our artists and designers below, and [DON'T FORGET TO CHECK OUR WEBSITE!!](#)

Julia

Joy Allen



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*Sharon Lee*



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*Emma Leach*





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**Check these out as well...**

Although they may not be exactly nostalgia, these images also bring up the warm and happy feelings that are so important.



VL-1499



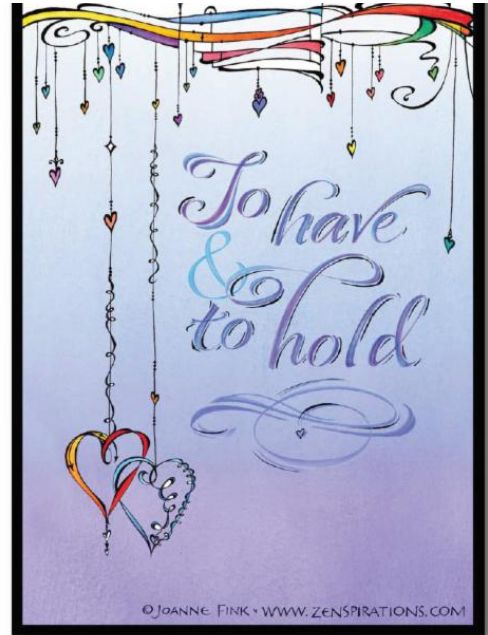
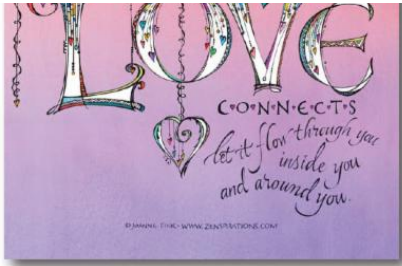
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AT ONE OF THESE UPCOMING TRADE SHOWS**

**Blueprint**

May 19 - 21, 2020  
New York City, NY

**Noted**

May 1 - 3, 2020  
San Francisco, CA

**International Quilt Market**

October 29 - November 1, 2020  
Houston, Texas

**Client Visits**

We will be making regional visits to see our customers in 2020.  
Please let us know if you would like to  
schedule a meeting while we are in your area.  
Email us at [Julie@Artsdg.com](mailto:Julie@Artsdg.com)

If you would like to check out our collections, or have a specific need we can help you with -- please visit our website at [www.artsdg.com](http://www.artsdg.com) (with new works being posted all the time) or drop us an email at [info@artsdg.com](mailto:info@artsdg.com).

We look forward to hearing back from you!



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