

LIGHT STORIES II

Writings on Photography and Inspiration

by Nicole S. Young

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Published by Nicolesy, Inc.

www.nicolesy.com

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Copyeditor: Linda Laflamme Cover Photo: Nicole S. Young Author Photos: © dav.d

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ISBN-13: 978-0-9893876-7-5 ISBN-10: 0-989-38767-4



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INTRODUCTION

In 2012 I self-published my very first eBook, <u>Light Stories</u>. My goal in writing that first book was to teach myself the art of self-publishing, including how to do basic design and layout in order to create a beautiful publication. Since then, I have self-published four other eBooks and my career as an educator and entrepreneur has grown exponentially. Putting together and publishing that first eBook was the start of something incredible.

This eBook, *Light Stories II*, is a continuation of my first book and contains a collection of "inspirational" articles from my blog, re-edited and packaged nicely together into one place. I hope you enjoy what you read, and if you would like to see more of my work please be sure to visit the links below:

Website & Blog: http://nicolesy.com

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Nicole S. Young

Author and Educator

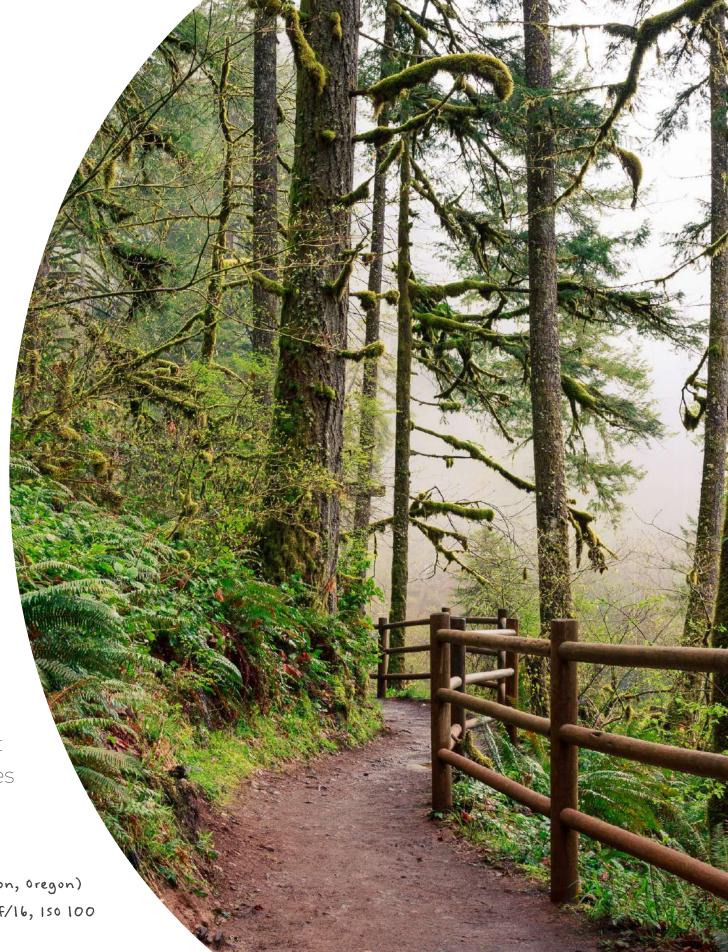


IT'S NEVER TOO LATE

May 22, 2013

In just a few weeks we pack up and move to California (the Bay area) to relocate for my husband Brian's new job. I've lived in a lot of places over these past five years, from Monterey, California, to Salt Lake City, Utah, and then Seattle, Washington, then Portland, Oregon, and now back to California. It's somewhat sad that I have started to become accustomed to this constant state of movement and change, something I've been desperately trying to avoid after separating from the US Navy in 2007.

It's pretty apparent that I have lived in and visited some beautiful places, but it wasn't until recently that I realized I should start taking advantage of what I have in front of me as much as possible. I was always a "photographer" in the sense that I enjoyed it as a hobby, but I was also wasting some amazing opportunities to photograph the world around me. Then, in 2006 while living in Hawaii, I discovered the world of stock photography, an endeavor which became a large part of my business, but I had tunnel-vision and only photographed images



Silver Falls State Park (Silverton, Oregon)

Canon 5D Mark III, Canon 40mm lens, 4 sec at f/16, 150 100



A photo of me with my camera gear at Butte Creek Falls in Oregon. (Photo by dav.d)

I thought might have a chance at selling. Unfortunately that did not include landscapes, and so my collection of beautiful Hawaiian scenic photographs from that time period is pretty much nonexistent. The same goes for my time in Monterey, and then again in Utah. I was not a landscape photographer, or so I thought, and I was often blind to the amazing photographic opportunities that were staring me right in the face.

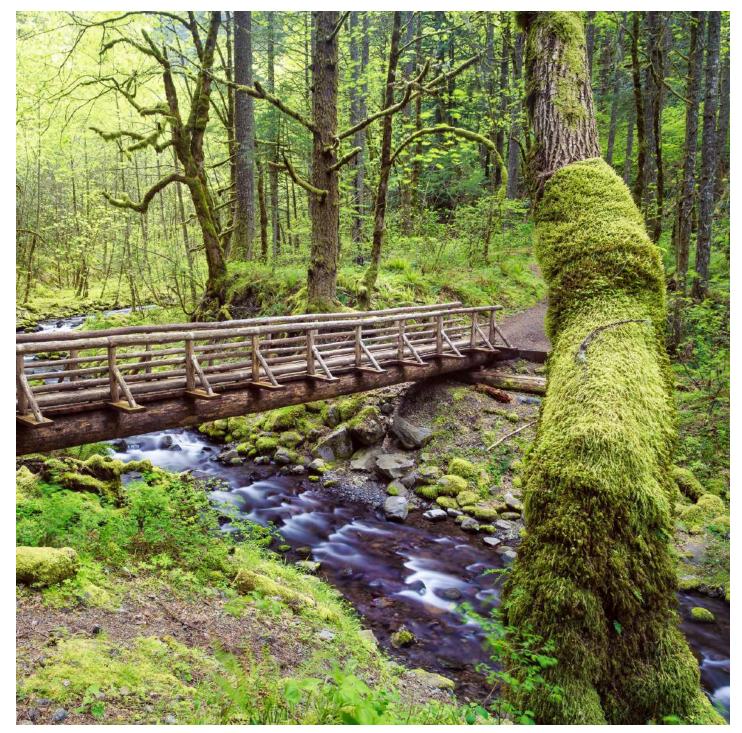
Then, just a few years ago, everything changed.

I'm not exactly sure what it was, or if it was a combination of little things grabbing my attention, but I finally decided that it was time to start photographing landscapes. I had a bunch of beautiful photographs in my portfolio, but most of them consisted of people and food, images that, for the most part, I was unlikely to print and hang on my wall. I had also just acquired a 10-stop LEE Filters Big Stopper, a filter that allows you to drag your shutter for a very long time (several minutes, in fact). This is a great tool to use when photographing certain landscapes, such as waterfalls and running water, so part of playing with my new toy was to seek out opportunities to use it. And then, I fell in love.

It's Never Too Late

If you follow my feeds on social media, you'll probably notice that most of what I share is some type of landscape scene, with the occasional food photograph making an appearance from time to time. I realized that I needed to really take advantage of my surroundings and and not take them for granted. Since then I have gone out with my camera as often as possible, usually with friends, never letting an opportunity pass me by. I thought I would live in Portland as far as I could see into the future, but my time here has been cut short, just as it has for nearly every other place I've called home. I am so glad I didn't pass up the chance to photograph one of the most beautiful places I have ever lived.

There's no doubt in my mind that I'll find beauty in California to photograph, and I guarantee I won't take my time there for granted. I doubt I'll ever find forests filled with mossy trees as green as they are in Oregon or be able to drive a short 30 minutes to a secluded waterfall with gorgeous surroundings. Instead I'll find new beauty on new adventures ... and I cannot wait to go searching for it.



Gorton Creek (Columbia River Gorge, Oregon)

Canon 5D Mark III, Canon 24-70mm lens, 20 sec at f/9.5, 150 100

WHAT ARE YOU WAITING FOR?

August 18, 2013

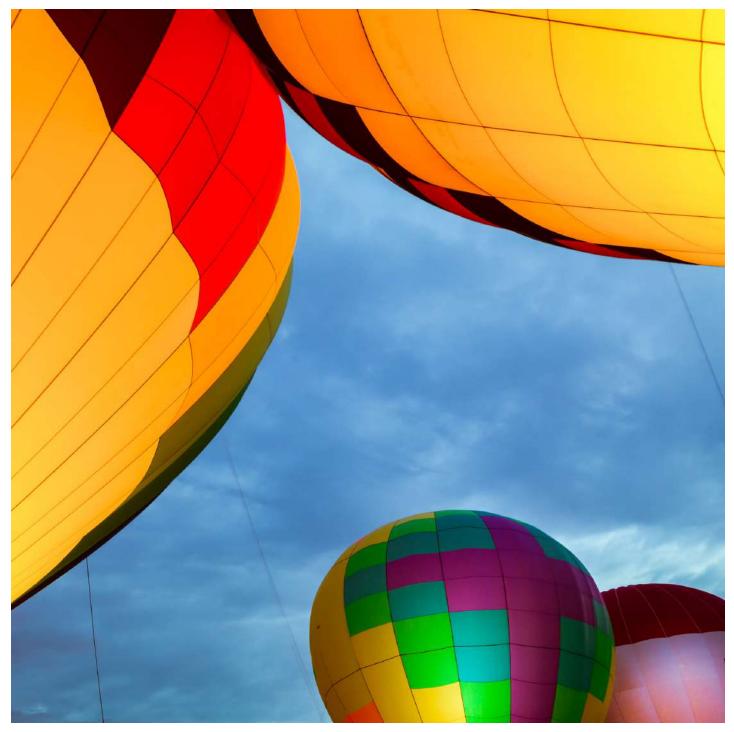
A few weeks ago, I decided that it was about time I shared with my family the hundreds of family photos I had taken over the past ten years that they had not yet seen. These were images that I had glanced at after importing onto my computer, but many of them never quite made their way to someplace where my family could view them. Because I live far from home, the only chance they will be seen is if I post them online, so I created a private gallery on my SmugMug portfolio and went to town selecting and uploading the files. (Adobe Lightroom makes stuff like that a breeze!) And, because I finally have a home for my family images, I also have a place to share future images.

We all have photos like these: those that are *still* sitting on our computers, collecting virtual dust from never having been shared online or even in print. I probably have hundreds of other images (mostly landscapes) that



Festival of Balloons (Tigard, Oregon)

Canon 5D Mark III, Canon TS-E 24mm lens, 1/8 sec at f/16, 150 800



Festival of Balloons (Tigard, Oregon)
Canon 5D Mark III, Canon TS-E 24mm lens, 1/6 sec at f/II, 150 800

I could dig up, process and share online. Some of them are images I just never got around to editing, or maybe they're photos I just didn't think were that good until I take a second (or third) peek at them. I've been actively looking through my Lightroom catalog over the past month, just to see what I could find. In fact, the images in this article are from a hotair balloon festival from last year; I have several photos from that day but have only posted one or two of them. I felt it was about time that I finally brought them to life online.

... finding buried treasure is always rewarding.

So, what are you waiting for? Go, right now. Look through your old photos and find one—just one—that is worth sharing. Searching and finding beautiful photos worth sharing is a fun experience, kind of like a mini treasure hunt. And finding buried treasure is always incredibly rewarding.

TREAT EVERY PHOTOGRAPH LIKE IT'S BEAUTIFUL

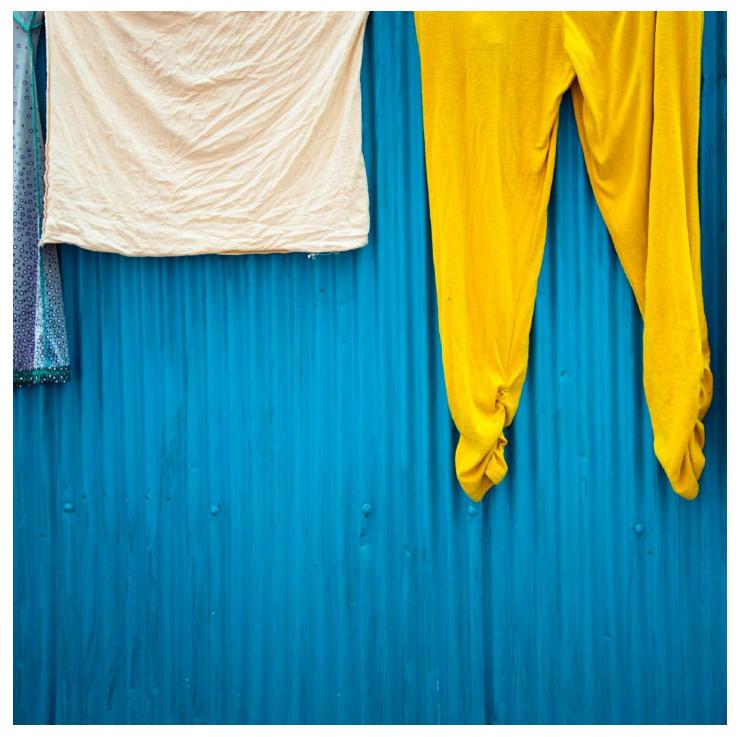
February 28, 2014

We all have our own definitions of "beauty". The color red may be bold, beautiful, and invigorating to some, while to others it has a different meaning, feeling, or emotion (or lacks one if you are colorblind). A grungy, run-down building that smells like piss and mildew may be a scary, undesirable place to photograph for you, but for someone else it is glorious, glamorous, and beautiful. The definition of beautiful is, well, flexible.

I know that I photograph things that I think are beautiful. A delicious and flavorful plate of pasta, a serene beach scene with rocks and flowing water, or a wall of colorful laundry, hanging out to dry—to me, all of these things are beautiful.



Laundry at the Market (Chiang Mai, Thailand)
Canon 5D Mark III, Canon 24-70mm lens, 1/125 sec at f/4, 150 800



Hanging Laundry (Chiang Mai, Thailand)
Canon 5D Mark III, Canon 24-70mm lens, 1/30 sec at f/2.8, 150 800

A photograph may not be a living, breathing being, but it emits an energy of beauty if you treat it that way. For you that may mean reassuring a nervous teenager who is unsure of herself in front of a camera, or gently and carefully placing a fragile piece of mint in a cup filled with chocolate mousse. Being aware of your subject's needs shows that you care, and as in many crafts, a careful touch will help to create a beautiful work of art.

Life is a mirror. When you smile at someone, the person will usually smile back. When you spend time with your subject to get that perfect shot, it will show. And when you treat someone or something with love, care, and respect, your photograph will reflect that.

Life is a mirror. When you smile at someone, the person will usually smile back.

RELIVING THE MOMENT

April 1, 2014

The simple act of creating art is oftentimes all that I need to get through the day. Even with the other crafty things I do, such as ceramics, the pure motion of forming the clay into something that is beautiful is enough make me happy. I also knit, and the reason I knit is to watch what I am making slowly become something functional, usable, and beautiful.

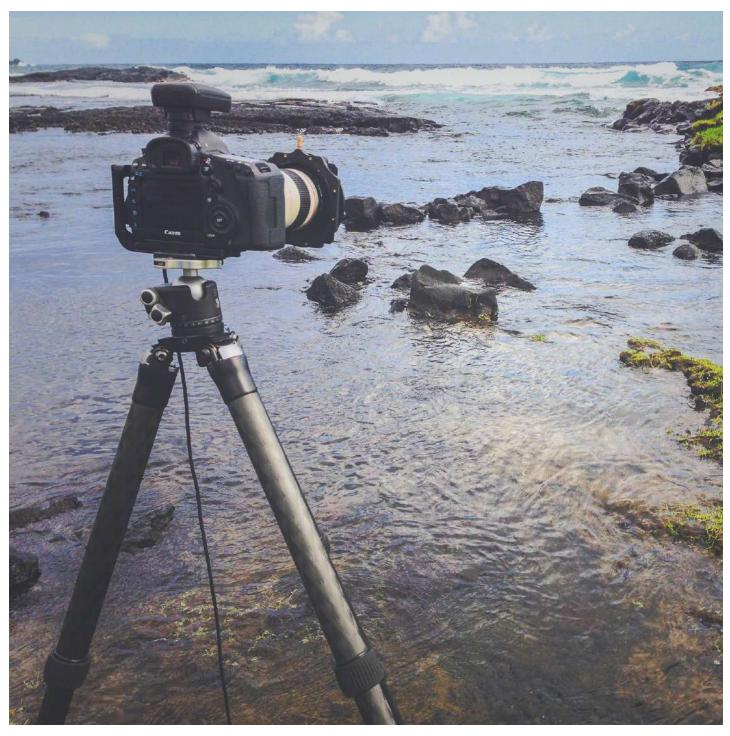
The moment of creation is what I live for.

Sure, it's great to share a photo online, or print a photograph and hang it on my wall. With ceramics, actually getting to use one of my finished pieces, or to give one away as a gift, makes me happy. But in many ways that feeling pales in comparison to the moment I actually have created that piece of art.



Kāwā Bay (Big Island, Hawaii)

Canon 5D Mark III, Canon 70-200mm lens, 6 sec at f/16, 150 100



A behind-the-scenes image of the photo from this chapter. (Photographed with an iPhone)

I'm making a concerted effort to go back through my photographs and find those moments when I felt that way. We all *know* what it feels like to look at our photo and just know that we got "the one." But how many of those photos actually see the light of day? At least with ceramics and knitting, by the end of the process I have something to show for it. With photography, there is always more work to be done.

The moment of creation is what I live for.

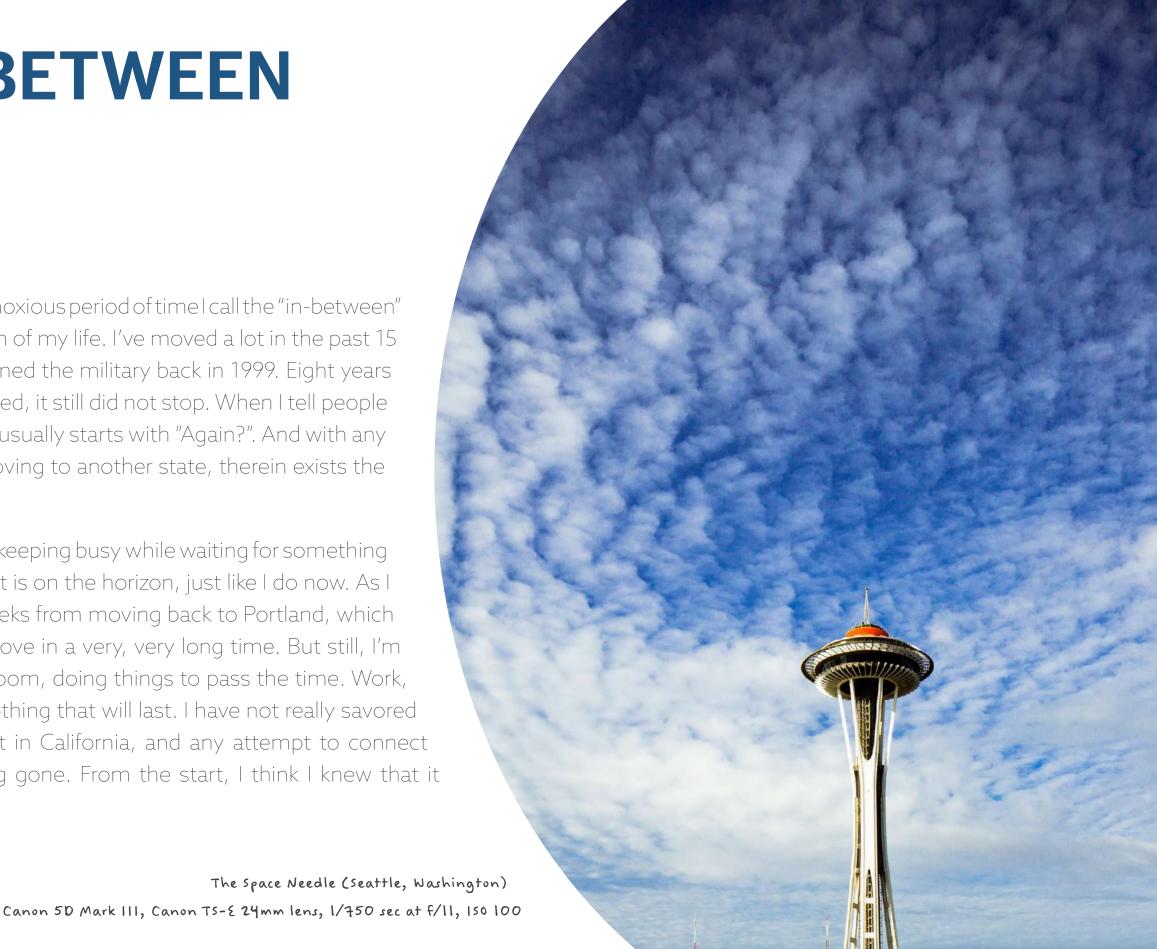
I photographed the image on the previous page on the Big Island of Hawaii, and as soon as I was working the scene I knew it was going to be something special. The little patch of green grass was the icing on the cake. I love long exposures, and getting to photograph along the rocky coastline of Hawaii sure was paradise. I still have hundreds of images I have created over the past few years (possibly even thousands) that I need to sort through and find so that I can relive those moments once again. Every photograph I take has a story and a memory attached to it. I make photographs to remember my life, so why not relive the best moments as often as possible?

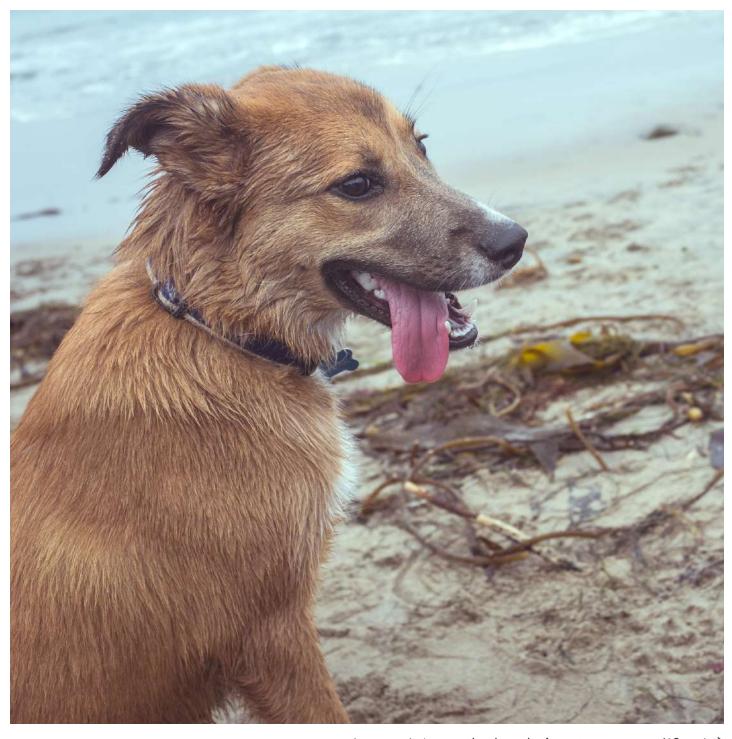
THE IN-BETWEEN

April 3, 2014

The strange, somewhat obnoxious period of time I call the "in-between" has found its way into much of my life. I've moved a lot in the past 15 years, all starting when I joined the military back in 1999. Eight years later, just after I had separated, it still did not stop. When I tell people I'm moving, their response usually starts with "Again?". And with any big life-change, such as moving to another state, therein exists the "in-between."

It can best be described as "keeping busy while waiting for something better." Usually, I know what is on the horizon, just like I do now. As I write this, I'm just three weeks from moving back to Portland, which will hopefully be the last move in a very, very long time. But still, I'm in a metaphorical waiting room, doing things to pass the time. Work, packing, cleaning ... I do nothing that will last. I have not really savored much of my one-year stint in California, and any attempt to connect myself to this place is long gone. From the start, I think I knew that it would not last





My dog, Kodak, on the beach (santa Crnz, California)
Fnji X100s, 1/480 sec at f/4, 150 200

There's a somewhat careless attitude about being in this strange frame of mind. Not that it's intentional, or that I don't care about what's around me. It's just that there's an emotional detachment from my surroundings. When I know a place is temporary, which I have known about this place for quite some time, then I pull away. During my time in the military, nothing was permanent. Every duty station was two or three years, maximum. Friendships were geographical, and community only existed within my work environment. Everything else would change, so there was no reason to plant roots. Ripping them out would have just hurt too much.

And so this particular "in-between" is much more palatable. I know that where I am going is a place I love and a place I want to live in. This is the first time in a very long while that I have felt that way. I am excited to plant roots, to rediscover my community, and feel like it will last forever. That's a very big deal to someone like me. This "in-between" right now is uplifting; I think it's because I really like change. I love the adventure of what's to come, some of it unknown, and yet there is a lot of comfort in knowing that the changes in my future will at least all happen in the same place.

SCRATCH THE ITCH

May 1, 2014

We all have it from time to time, a giant burst of inspiration and motivation that makes us jump out of our seats and create, make, or invent something. The moment when all of the stars align in your brain and you feel a tap on your shoulder and a whisper in your ear go do it! I live by this feeling, and a lot of what I create is a result of this craving to start something new and then watch it grow into a photograph, or a handcrafted item I knit or sculpt with clay.

So, go on now. What are you waiting for? Scratch that creative itch and make something beautiful.

Scratch that creative itch and make something beautiful.



French toast topped with fresh blueberries

Canon 5D mark III, Canon 100mm macro lens, 2 sec at f/9.5, 150 100

ONLY TODAY

May 22, 2014

It's easy to get wrapped up in worry about what's next. Looming deadlines, clients awaiting photos, bills due—all of these things, and (oh so many) more will always be there, always beckoning to us from the future, reminding us that they exist. And they will always exist.

So, what happens when the deadlines are met, the invoice is sent, and the debt is paid? I'll tell you what: more of the same. Another deadline will approach, more clients will be waiting, and more bills will pile up. You cannot hide from the future, it will always find you. But you can live this moment, right here, right now.

Right now is the only moment that you can live. Always today, only today. Live it well.

Right now is the only moment that you can live.



Kodak in Dreamland, Trontdale, Oregon Canon 5D Mark II (Infrared), Canon 40mm lens, 1/640 sec at f/5, 150 100

PERFECTION IS OVERRATED

July 5, 2014

Art is an expression. We create things because we feel something inside of us that *needs* to make something, find beauty, and then sit back and admire it in all its glory. The most difficult thing about creating is knowing when to stop, knowing when your sculpture, photograph, or painting is finished. In our eyes, as the artist, we want it to be *perfect*.

But what is the definition of "perfect"? A person can have perfect grammar or maybe get a perfect score on a math test. But create a perfect work of art? When it comes to art, the word "perfect" can only be defined by the artist creating the work.

The photo on the right is one of my very own ceramic pieces. I started creating dishes for my food photography and started by learning on the

A few of my hand-made ceramic plates

Canon 5D Mark III, Canon 24-70mm f/2.8, 0.7 sec at f/5.6, 150 100



Beautiful Decay (Bangkok, Thailand) Fuji X-TI, Fuji 18-55mm lens, 1/220 sec at f/4.5, 150 200

pottery wheel. I loved the pieces I made on the wheel, but in my mind they were too perfect, too precise and symmetrical. I wanted my work to look organic, handmade, and with lots of character. I was, in fact, seeking the perception of imperfection. So, I changed my methods and started making work that reflects more of who I am and what my vision is.

I was seeking the perception of imperfection.

The same can be true of photography. We see other images and strive to create something similar. Some photos can really capture the feel of a scene, the mood of a person, or the mouthwatering flavor of a just-prepared meal. But when we make them ourselves, we never quite match up with those expectations. What we don't realize is that the artist who made the photographs we are attempting to emulate probably felt the same way. They know all of the flaws, errors, and blemishes. They know how much effort it took to get to the final image, which is probably still "not quite good enough."

So, instead of constantly going down the path of agonizing over the things that drive us crazy with frustration, let's all try to live with a few more scuff marks, hot-spots, and soft-focused-at-100% photographs. Sometimes imperfection is the perfection we are seeking after all.

Sometimes imperfection is the perfection we are seeking after all.



The Milky Way (Grand Teton National Park, Wyoming)
Fnji X-T1, Zeiss Tonit 12mm lens, 30 sec at f/2.8, 150 2500

Perfection Is Overrated

PURELY FOR ENJOYMENT

August 20, 2014

Photography is a funny thing. We start doing it, fall in love with it, and never want to stop. I've been a photographer since high school, have traveled around the world with my camera, and I'm always plotting the next "big thing."

One of my other hobbies is pottery. I'm quite serious about it, and recently converted our one-car detached garage into a small ceramics studio. I even have my own kiln. I've been stocking up on some supplies, and just today had to go get a few things I was missing. While at the local ceramics store, I started chatting with the guy behind the counter, a rad-looking dude with crazy long dreads named Soul. He was really awesome, and I brought up that I was a "serious enthusiast."



A Cloudy Day at the Dog Park (Troutdale, Oregon)
Photographed with an iPhone, processed using the Oggl app for iOS



Knitting is another hobby I thoroughly enjoy. (Photographed with an iPhone)

At one point in the conversation he asked me "Think you'll ever go pro?" I knew what he was asking: would I ever quit my job and be a full-time potter? My response went something along the lines of "I'm a photographer, I'm self-employed, and I'm already living my dream job!" And it's true! I love what I do, and I love that I can make a living from something I enjoy.

I give a lot of thought about ceramics and how it fits into my life. Other than a few years of taking classes now and then, I have barely just begun my journey. I am in no way an expert, not even close to being a pro. I get asked a lot if I will sell my pieces, and the answer I give is "maybe." I usually end up making more dishes than I can use myself, so I will eventually have to do something with all the extra stuff I'll be creating.

But when I am sitting along in my studio, with my mellow "Mazzy Star" Pandora station playing in the background, I know that this is *just for me*. I create things at my own slow pace, and sometimes I just go in there and sit. I look around at all of the things in my studio. I read through my sketchbook. I plot. I plan. I daydream. My studio was not made to make money. But success in my current career has allowed me this as an outlet, as my "something else." This, for me, is life.

Purely For Enjoyment 19

I create because I love the act of creating

I don't do pottery to make money. Far from it. I do it for the pure enjoyment of doing it. I create because I love the act of creating. This is the same with my photography. Not everything has to be about money and success, and even if you are a photographer full-time (or want to be), it's important to find room in your schedule to create something just for you. You need it, and you deserve it. Do what you love purely for the enjoyment of doing it, and your art will be better because of it.



This is a "nicolesygram," part a series of photos I do for fun with a Fuji Instax camera or printer.

Canon 70D, Canon &F 24mm lens, 1/250 sec at f/8, 150 100

Purely For Enjoyment 2

STOP FEELING GUILTY

September 19, 2014

Whether you are a full-time photographer or a weekend warrior, there will be times when you take a break. Maybe the weather is crappy so you've stayed indoors, or you are immersed in other projects or activities. Or, maybe the inspiration is just not there.

Whatever it is, that time off from photography may be something you did not want. I will often have periods of time when I don't even use my camera. I'm usually busy doing other things, such as writing a book or taking a few days to play in my ceramics studio.

When these lapses happen, it's easy to start feeling guilty. Itell myself things like "I should take my camera with me more when I go out," or I think about all the times that I was "lazy" and stayed home on the weekends instead of photographing the sunset. I feel guilty because I'm not doing work, I'm not creating photographs, and that time is now lost forever.



Flowers at the market (Pike Place Market, Seattle, Washington)

Fuji X-Tl, Zeiss Tonit 32mm lens, 1/125 sec at f/1.8, 150 1250



Some of my best memories are from adventures I take without my "real" camera, like enjoying the puddles and rain at the dog park with Kodak. (Photographed with an iPhone)

But what about the things I did accomplish when I wasn't creating photos? What about the time I spent with my family and fur-babies, or the hours I used towards enhancing my skills and creativity in ceramics? My creative energy was not wasted, it was redirected.

My creative energy was not wasted, it was redirected

I'm done feeling guilty when my camera collects a little bit of dust. A short break never hurts, and in many ways it can be a good thing. Our work and creativity go up and down like waves. So ride them (and don't fight them), or you'll drown.

THE IN-BETWEEN, PART II

April 3, 2015

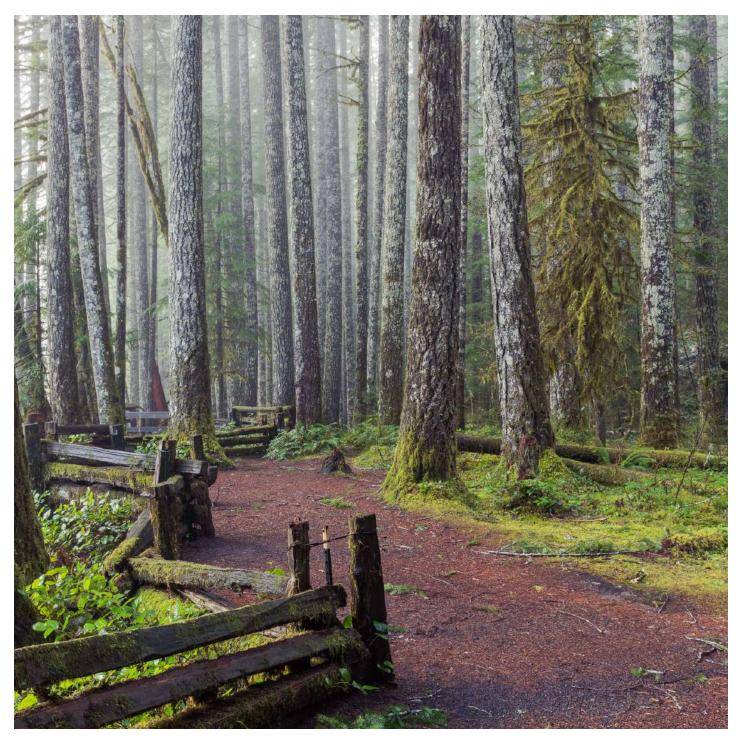
We all have our "in-between" moments in life: moving, job hunting, relationship-mending. Each of these times has something in common. We are moving on from one thing and looking forward to the next. The problem is that we rarely tend to savor those moments of waiting. We are busy, trying to finish whatever it is we are working on, quietly looking forward to being past that deadline or have the house finally cleaned. For what? So that we can *start living*?

One thing I have learned in the 35 years I have lived on this planet is to savor, be present, and live in every moment. Each and every second of my life is precious and worthy of my undivided attention. I am grateful that it hasn't taken a terminal illness or near-death experience to realize this. Maybe I have just learned from others' experiences, or my active



Sunset in Hawaii (Anaehoomalu Bay, Big Isalnd, Hawaii)

Canon 5D Mark III, Canon 70-200mm lens, 1/60 se at f/II, 150 100



Oregon has amazing places to hike for fresh air and relaxation. (Lower Lewis River Falls, Oregon)

Canon 5D Mark III, Canon 24-70mm lens, 0.3 sec at f/II, 150 400

imagination can paint too accurate of a picture of how fragile our lives really are. Whatever the reason, I'm happy that I've found it.

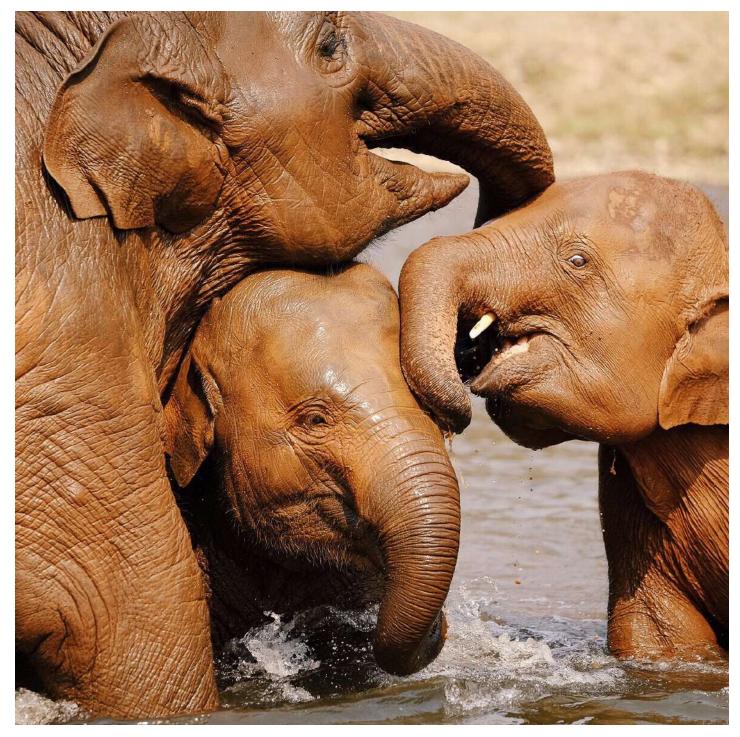
I refuse to chain myself to my computer under the cultural guise that "being busy" is a good thing.

When I analyze my life, I always feel like I'm in some sort of inbetween. Usually it has to do with work, or travel, or even the way I think about myself when I look in the mirror. But the pile of projects and deadlines doesn't stop me from relaxing with a cup of coffee, taking my dog on a long walk, or just strolling through the woods to get some fresh air. I refuse to chain myself to my computer under the cultural guise that "being busy" is a good thing. Sure, I have a lot of work, but I have found that pacing myself allows me to live my day stress-free and filled with a simple sort of happiness.

The In-Between, Part II

Ithink the point I'm trying to make is this: If this very moment you found out that you had just a few months left to live, what would you do with the life that you have left? Now take that answer, and make it your life. Travel, family, giving, volunteering, and spending time with loved ones should not be the things we do when we know we have limited time on this earth, because in reality, we all have very little time left. I realize that everyone has responsibilities and bills to pay, but as the song goes, "The best things in life are free". Be present in your own life, savor it, and turn those in-between moments into memories.

Be present in your own life, savor it, and turn those in-between moments into memories.



Playful elephants at Elephant Nature Park (Chiang Mai, Thailand) Fuji X-TI, Fuji 50-140mm lens, 1/1000 sec at f/2.8, 150 200

The In-Between, Part II

A TREE IN THE FOREST

April 25, 2015

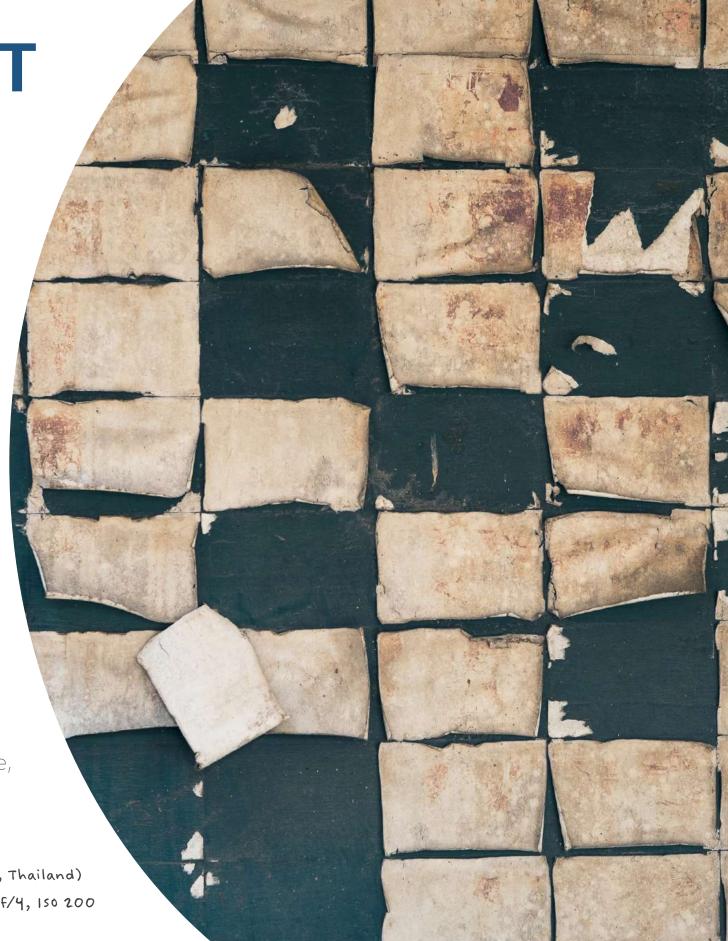
Sometimes I feel like I am a photo-hoarder. I travel, create photographs, and then they just sit and collect virtual dust in my Lightroom catalog. It's sort of like the old saying:

"If a tree falls in a forest and no one is around to hear it, does it make a sound?"

To translate into photography terms: If you create a photo and never share it with anyone but yourself, does it exist?

Of course it does, but what's the point? I create photos for many reasons, mostly because it's a way for me to enjoy and experience things I normally would not were I not a photographer. But the biggest reason I create photos is because I love photography. I want to make something beautiful, and it's always nice to share beauty with others.

If you are like me, you probably have dozens (if not hundreds) of beautiful photographs on your computer with the potential to be shared online,



Old papers on a board (Bangkok, Thailand)
Fnji X-Tl, Fnji 50-140mm lens, 1/140 sec at f/4, 150 200



Emerald Falls (Gorton Creek, Oregon)
Canon 5D Mark III, Canon 24-70mm lens, 1/4 sec at f/6.7, 150 100

printed and hung on a wall, to be viewed and admired by others. My entire job revolves around photography, yet it is often a struggle to carve time out of my day to process and post an image to Facebook or on my own blog. Heck, most of the people I follow on Facebook are photographers, yet it seems like there is less and less original content shared, and the link-bait-viral-news articles keep flooding my feed.

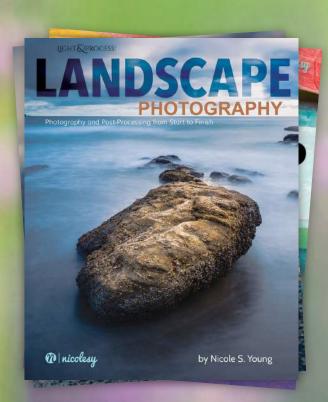
I want to make something beautiful, and it's always nice to share beauty with others.

So let's all band together and process, print, and share our photographs. Now is a great time to do some "Spring cleaning" by sorting through your photos to see what you may have missed the first time around. Say "no" to virtual dust, and share those memories!



M nicolesy THE NICOLESY STORE

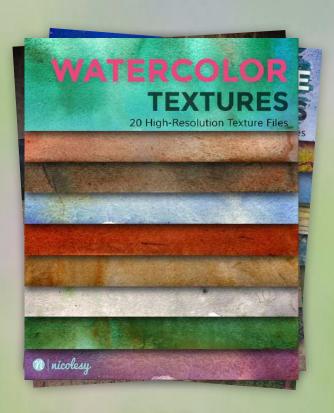
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LIGHT STORIES II

Writings on Photography and Inspiration



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