

That GOOD GOOD DBI

May 18, 2011

The GOOD Life: Brianna McCarthy

For the past month or so, I have been trying to think of ways to improve the “**People You Should Know**” interviews that I conduct from time to time; not that these interviews weren’t already excellent. I wanted the questions I asked to go a little deeper but I wasn’t sure which angle to approach them from. Interestingly enough, I found my answer in the philosophy class that I took this past semester. My professor created this eye-opening concept of “the good life” and challenged each of us to take look at our own present situations, think back on our past experiences, consider our future goals, and ask ourselves this question: *What is my definition of a good life?* This level of introspection was fairly new for me and, although it did give me a mild headache, it really forced me to look into

about the blogger.

- Dee O.

archive.

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- ▶ 2013 (6)
- ▶ 2012 (33)
- ▼ 2011 (69)
 - ▶ December (3)
 - ▶ November (4)
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myself and determine the things in my life that I place the greatest stock in.

Later on in the semester, we began reading some of Henry David Thoreau's essays and assessing his ideologies and it was at that point that I had my Oprah-esque Aha! Moment. You see, Thoreau didn't feel like he was placed on this Earth to please everyone or to conform to the narrow beliefs of society; his main purpose in life was to live it as deliberately and authentically as he possibly could. I felt *so* inspired by Thoreau's mindset and, having realized that this was his idea of a good life, decided that I wanted to take this exploration further. Because of this sense of 'knowledge of self' that I gained from my philosophy class, I really want to carry this theme of "the good life" into my interviews from now on in the hopes that all of you reading this will feel challenged to look within yourselves and discover what your idea of a good life is as well!

The first individual that I will be interviewing in this new set of features called "The GOOD Life" is an artist who hails from Trinidad and Tobago and whose vibrant artwork entices the eye and sweetens the soul.

Brianna McCarthy

by Common feat. Mary J...
That GOOD GOOD Around the Web

- ▶ April (7)
- ▶ March (11)
- ▶ February (6)
- ▶ January (10)
- ▶ 2010 (67)

contact me.

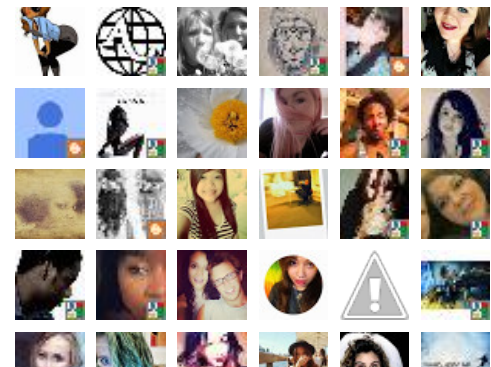
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What is your definition of a “good life”? Do you feel as if that is what you are living?

A good life is, for me, when the things that make you smile are more powerful than those that don't; when what is gained through sharing with others and having them share with you vast outweighs what is taken by day to day living. It isn't about money or material possessions; it's about having love, respect, communion with people you want to share with, tasks you enjoy, having some kind of work to do and the option to just rest sometimes. It's fulfilling, I think, and so important. I think I do have a “good life”, yes. With a lot of support I

'like' on facebook.



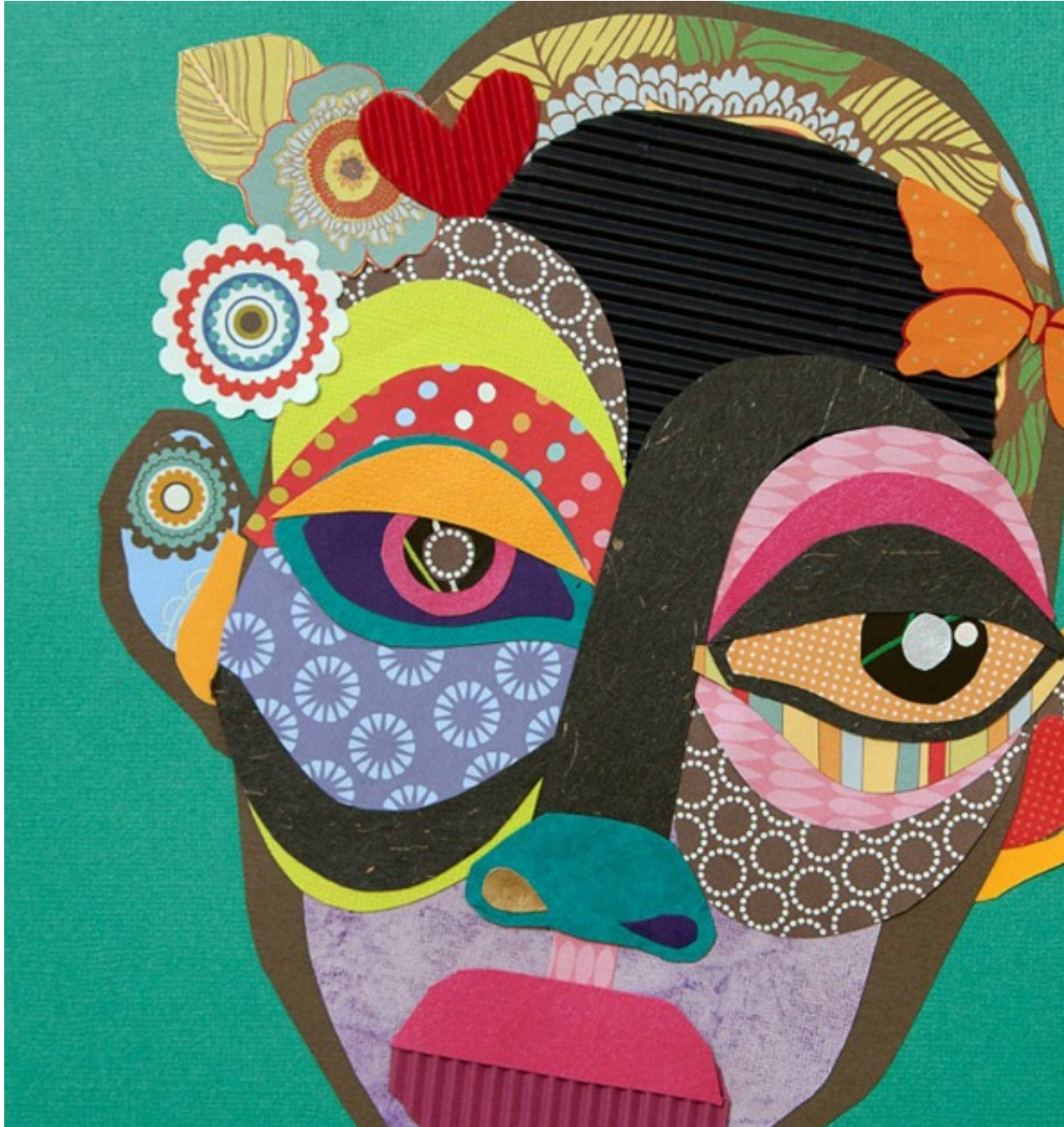
That GOOD GOOD Blog

Like 750

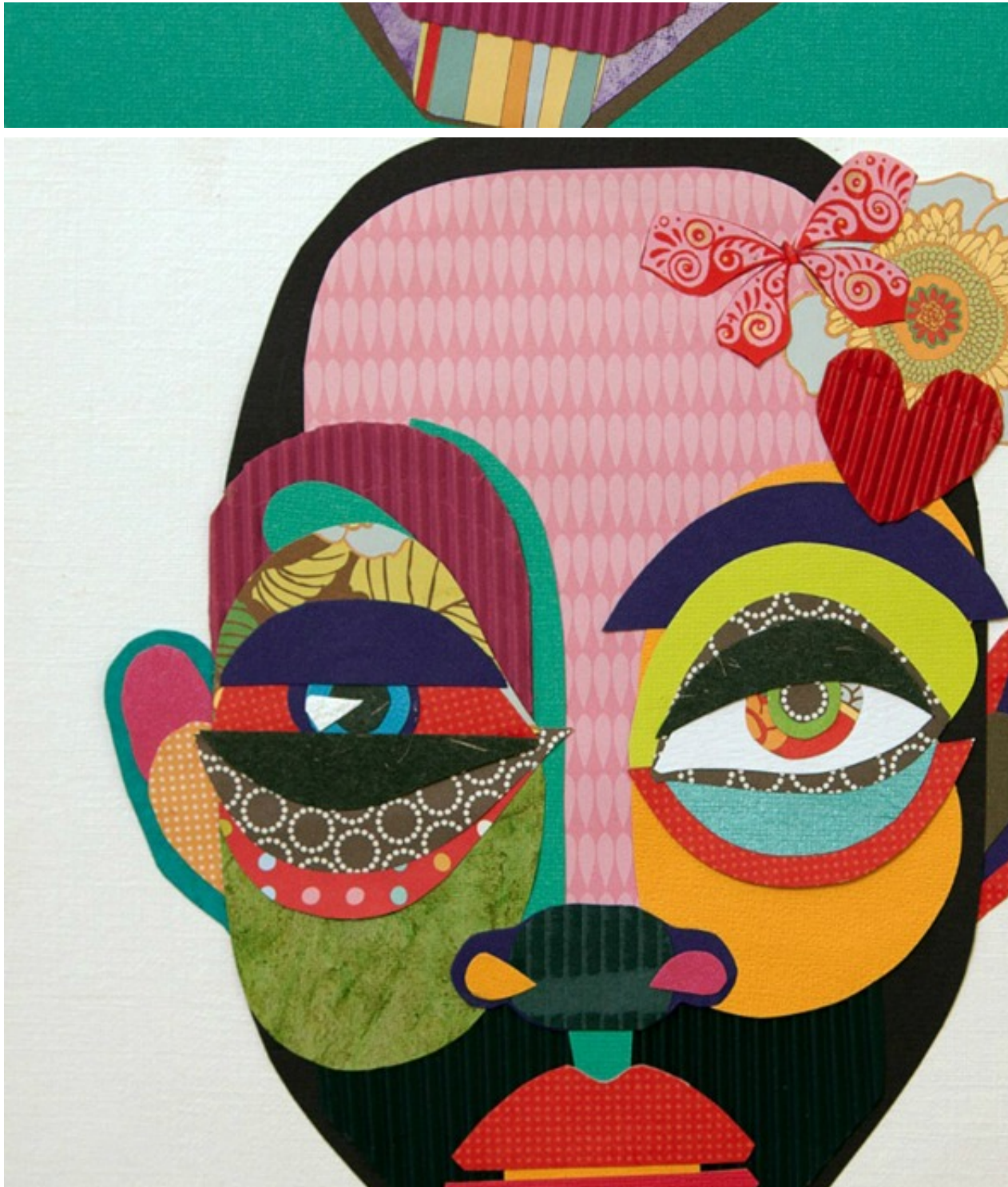
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have that as a real possibility for which I am very grateful.



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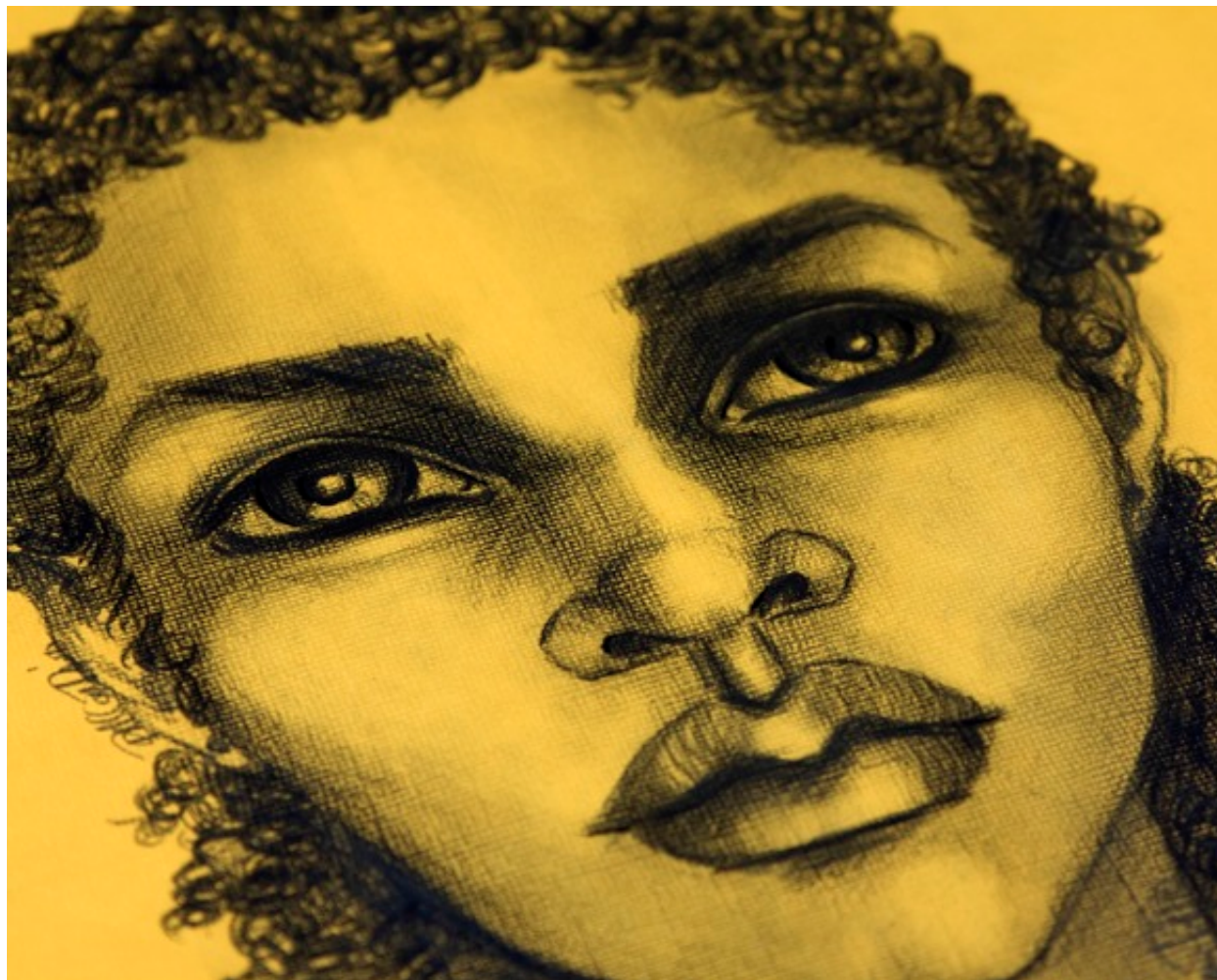


How important do you feel it is for people to follow their passions, even if doing so doesn't seem like a "secure" life choice?

It's critical I would say. Maybe not immediately but I, in deciding to practice art full time, just had to look around, to listen, to observe in order to see the impact of not following those innate passions – everywhere there are people who feel stunted, wasted, a little bitter because of that disconnect from what is essentially the thing that they're meant to do. I'm young, it's easy for me to say "Go for it!"

but that's ok, that's a part of being young. It's something I hope never lose really and something I hope to pass on to my children when they come; take a few wise risks, believe, work hard, play hard, respect others and never give up. It's not always an easy decision to live with, not always easy to believe in myself but everyday I wake up with the anticipation of making something today, working on something today – knowing I have this freedom and being challenged to not waste it. That's the worst thing I feel I could do; waste this. So, as discouraging as it can sometimes be, I have a gift, I have a blessing, I have been given something, decided something – however you choose to see it – and I have to make the most of that.

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What aspect of your work makes you the happiest? Which aspect do you like the least?

I enjoy that the ladies seemingly have their own personalities. I'm most pleased, I find this to be a part of what makes me keep going, when I see something positive come out of my work for someone else. People contact me – women contact me – when they say that my work has helped them see themselves as beautiful beings I'm thrilled. That's worth it. I'm my biggest discourager at times. What I dislike most is when I feel like what I'm doing is irrelevant. It's heavy.



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Is there anything you know now that you wish you knew a few years ago that could have helped you along your life path?

That things are alright! That I shouldn't be so afraid all the time (I'm still working on that). That it's sometimes fine to not know exactly what I'm doing. That although some things feel like they happened a long time ago, they didn't – my life just started at 27; I know nothing, I feel everything. Life might be short but I'm trying not to rush through to some preconceived end. Had I believed this some years ago many things may have been different, however, I can see very

plainly how I needed to have NOT believed that then so that I could be here now.



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In your opinion, what does it mean to be a black woman today? Are these ideals represented in your artwork in any way?

I've been feeling for a while, perhaps only because of my relationship with the internet in a particular context, that there's a resurgence of the Black is Beautiful movement. It's everywhere and it's lovely. I'm black and West Indian – which is a unique dynamic (some might say trauma) and I do find it incredibly stimulating to attempt to understand my society at work in me and in my work. In most ways my work is about myself. By extension, it's about women, West Indian women, Black women, girls becoming women, what does that even mean?, how am I, are we, perceived by our societies and how to we negotiate with our unique challenges. I'm deconstructing myself – sometimes literally.



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A Look Through My Lens





Where do you see yourself and your artwork in the next 5-10 years?

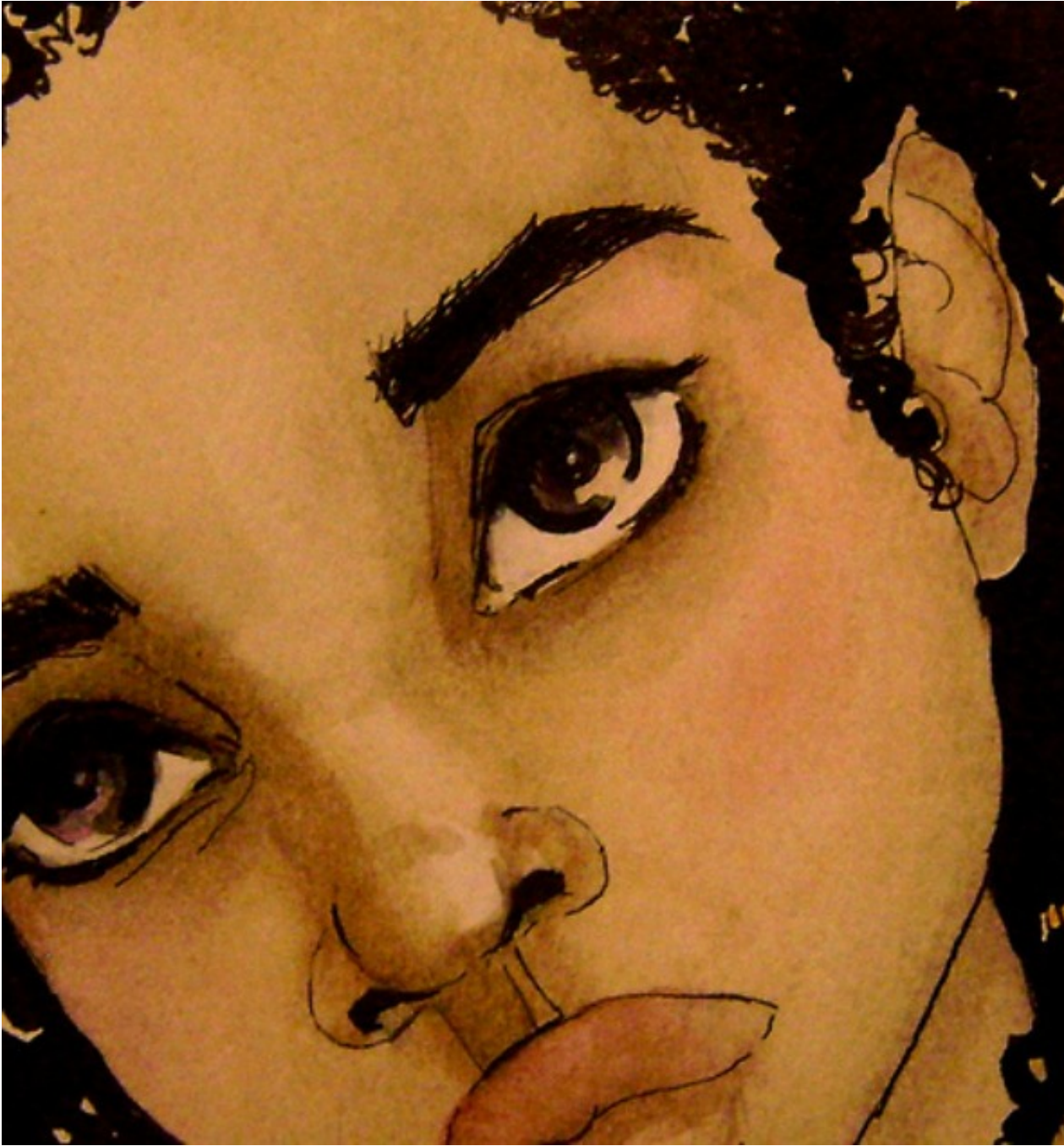
Is it bad to say I don't have a clue? I'd like to think I would have found the next step by then and would have not been afraid to take it. I would want to have challenged myself or to have been challenged into being more. I can't predict what that is at this point but I'm working now to ensure that I'm still making things then.





**they've got that good
good too.**

- Afroklectic
- Au coin de ma rue
- Cup Of Couple
- Dust & Grooves



What advice would you give to someone who is unsure about what career they want to pursue?

- K.I.P.
- Kristina Gisors
- Marian Kihogo
- Nakeya B. Photography
- Newcomer
- No Balls, No Glory; A Polaroid Story
- Oroma's Therapy
- PYT IN PTY
- Passion.Fruit
- Rappcats
- StyleLikeU
- The Audacity of Color
- Venture & Virtue
- Zulu Got Soul
- flwrpt
- thenublack

places TGGB has been mentioned.

I Never Jaded | joli brouillon |
dottie | Hypstercult | The
Prestige | BOWTIE AFFAIRS
| creative silence | Lohi's
Creations | Brown Script | That
African Girl | Be Real Be
Happy | EssenseVibez | Zelda
+ Festus | Airali's Passion |
Eccentric without Reason |
Passion.Fruit | Ju'lia Catherine
| Elektrik Sunset | unsung dots

When you're most content, genuinely fulfilled, challenges and all; stick with it, work hard. Doesn't mean everyday will meet you delirious and dancing with happiness but it will mean that everyday, should you feel like it's not working, if you gave it some thought you'd be able to see that you have much to dance about. The day you can't see that, take a break. Allow yourself to cry. Laugh as much as possible. Know your value. Choose your advisors very carefully and remember that every person struggles, every day with something— you can't legislate for others. Make time to play by yourself or with those important to you. Be thankful for what is and make provisions for what isn't. In Trinidad we say, "what is to is must is" – I believe that in some ways.

| Candid Cinni | TraFrican |
Afrolicious | BAILEY SHAQ |

**watch these if you
please.**



subjekt mattah.

- A Look Through My Lens
- A Tribe Called Quest
- A Yellow Man
- A. Sauvage
- a.b.k Leather Craft
- Abidjan
- abstractElements
- Adrien Sauvage



- Africa
- Ale et Ange
- Alec Lomami
- Alex Folzi
- Alicia Keys
- Aloe Blacc
- Amy Winehouse
- Andre Wagner
- Andreyana Triana
- Andy Allo
- Anything In Return
- Around the Web
- Art
- Art Comes First
- Asa
- Ayo
- Azede Jean-Pierre
- Basics
- Beautifulshyt
- Bella Clothing
- Bilal
- Black Radio
- Black Radio Recovered
- Bloggers I Love
- Blogs I Love
- Blu
- Bob Marley
- Boxing Kitten
- Brianna McCarthy
- Cameron Davis
- Cee-Lo Green
- Celebrity
- Chaz Bundick
- Chiddy Bang
- Chris Akinyemi
- Chrisette Michele
- Christian Scott
- CiderandSkylark



If you could give someone a quote to live by, what would it be?

I have a few that speak to me. I can only go with what I have learnt myself; this one changed my life quite literally - "A musician must make music, an artist must paint, a poet must write, if he is to be ultimately at peace with himself." - Abraham Maslow. Whatever it is you are; be it with discipline, with commitment and with love. I'm trying to do the same.

www.briannamccarthy.blogspot.com



Posted by Dee O. at 11:06 AM

Labels: Art, Brianna McCarthy, Interviews, People You Should Know, The GOOD Life

31 comments:

- Coco O.
- Color
- Color Blocking
- Common
- Creative Silence
- D'Angelo
- Daft Punk
- Dana Scruggs
- Dapper Lou
- Dead Prez
- Designer Collaboration
- Diggs Duke
- Dirg Gerner
- Do The Dilla
- Dr. Martens
- Electric Brandon
- Electronic
- Emeka Elams
- Emily King
- En Route
- Erykah Badu
- Esperanza Spalding
- Etsy
- Exile
- Fall
- Fashion
- FASHIZBLACK Magazine
- Feelin' Music
- Film
- fLako
- Fly On A Dime
- Flying Lotus
- For Colored Girls
- FOUND
- Frank Ocean
- Fugees
- Full Crate X Jesse Boykins III
- G.O.O.D. Fridays

**Andrés Corella** 5/18/2011

Fabulous interview!...I am completely in love with her art I want some of her paintings like right now!

xx

Andy

The Black Label

Reply

**HUMANITYISBEAUTIFUL** 5/18/2011

these are haunting! i need to spice up my apartment with some art and i think hers are perfection! thank you for sharing and i will check out her site ASAP :)))

Reply

**Anonymous** 5/18/2011

I discovered her artwork a few years back and she's truly one of my favorite creative people, hands down. There is such grace in the lines and curves of those faces, such beauty in the saturated, bright colors...I can't wait to buy some of her work for my next apartment. I see myself in her work and not just because they have skin like me or hair like me but because I recognize the emotions in their eyes. And this is why I've had one of her works as my desktop background for the past few months lol...

Reply

**Mr. Goodwill Hunting** 5/18/2011

Extremely Talented.

I am bookmarking here today.

Rashon aka Mr. Goodwill Hunting

- Georgia Anne Muldrow
- GHUBAR Magazine
- Giveaways
- Gold Coast Trading Co.
- GOODGOODmusic
- Goodie Mob
- Hair
- He/She's Got That Good Good
- Herds of The Fathers
- Hip-hop
- Iman Omari
- In Remembrance
- India.Arie
- Inspiration
- Instrumentals
- Interviews
- J DaVeY
- J Dilla
- Jamala Johns
- Janelle Monae
- Janet Jackson
- Jazz
- Jesse Boykins III
- Jewelry
- Jill Scott
- Joey Badass
- Julia Sarr-Jamois
- June Ambrose
- K'naan
- K-Os
- Kadeem Johnson
- Kahlil Joseph
- Kanye West
- Kava Gorna
- Kendall Elijah
- King Texas
- Kobe Bryant
- Kwesi Abbensetts

Reply



Anonymous 5/18/2011

Great idea for future interviews! This is very inspiring, I've never really given any thought to what my idea of a good life is! And her artwork is absolutely amazing....thank you so much for sharing this!

Reply



Jennifer Alyssa 5/18/2011

Great interview Very inspiring!

Reply



t olugbala 5/18/2011

that was inspirational! love, love, love your blog sis!

<http://politicsandfashionshi.blogspot.com>

Reply



J'Anns Boutique 5/18/2011

Her work is stunning! love her pieces

A Girl's Next Best Friend

Reply



Gerri 5/18/2011

I simply love her work...

Reply

- Lakin Ogunbanwo
- Laura Izibor
- LAURENCEAIRLINE
- Lauryn Hill
- Lawrence Agyei
- Leather
- Ledisi
- Lee Fields and The Expressions
- Lianne La Havas
- Lists
- Literature
- Little Dragon
- Love Jones
- Ludget Delcy
- Lykke Li
- Madewell
- Madlib
- Maki Oh
- Mambu Bayoh
- Martin Luther King Jr.
- Mary J. Blige
- Maryam Nassir Zadeh
- Maxwell
- MeLo-X
- Menswear
- Michael Dos Tousana
- Mike Schreiber
- Minimarket
- Minnie Riperton
- Missoni
- Model
- Moruf
- Mos Def
- Movies
- Music
- Music Videos
- My Current Thought



Shareena 5/18/2011

her art is so colorful, it made my day! ^__^ great interview...

Reply



LaNeshe 5/18/2011

She has really beautiful stuff!

Reply



Tayo.O. 5/18/2011

I feel like I was intended to read this. I have been so unsure about my life path lately. Thank you so much for your words! EXTREMELY INSPIRING.

Reply



Les Tenues de Yuli 5/18/2011

Waou So wonderfull work, love her paintings

Bisous

Yuli

Reply



~EssenseVibez~ 5/18/2011

now you know I LOVE ME SOME Brianna!--this phenomenal woman is the sweetest person i've ever known in the art world---i own a set of her paintings and i have them on my inspiration wall by my desk--THANK YOU for featuring my gurl---a great post on a great blog--keep up the good work my friend!!!

Reply

- My Damn Blog
- My Stuff
- Nabil Elderkin
- Naima Green
- Nakeya Brown
- Nas
- Nasty Gal
- National Geographic
- Natural Hair
- New Designer
- Nifty Thrifty Love
- Nigeria
- Nigerians
- Nikia Phoenix
- Njideka Akunyili
- Nneka
- Noisettes
- Nonverbal Magazine
- Nostalgia Ultra
- Ntjam Rosie
- Nujabes
- Oddisee
- Online Magazines
- Online Shopping
- Opening Ceremony
- Oroma Elewa
- Oyster Magazine
- Patterns
- Peacelimages
- Pencil Drawings
- People You Should Know
- Pete Rock
- Pharoahe Monch
- Photography
- Pickmix Magazine
- Places
- Playlist
- Poetry

**Anonymous** 5/18/2011

Love, love, love!!!

Reply

**ShayShay...** 5/18/2011

Ohhh I love her artwork!!!

Your features are seriously inspiring. Or, in the way of the Americans, DOPE.
lol

It's obvious you have this zeal and passion for exploring creativity and all
things art!

Kudosss to you!

xoxo

Reply

**Chic Therapy** 5/18/2011

wow!! am blown away

Reply

**amuseinme** 5/19/2011

wow. u r so inspiring. I loved learning about Thoreau! and this artist is
gorgeous, her work breathtaking. thank you so much for sharing!

xoxo

Reply

M1dn1tE.STunN3R 5/19/2011

- Poodle Pusher
- Pop'Africana
- Pour Porter
- Power Photo
- Proprpostur
- Put A Smile On That Face
- Q-Tip
- Quadron
- Quazimotto.On.Wax
- Que The Lights
- Random
- Refinery29
- ReviveTheCool
- Rhymefest
- Robert Glasper Experiment
- Rog Walker
- Rox
- Runway Collections
- Sade
- Sam Lambert
- Santogold
- Saving Money
- Shaka Maidoh
- Shako Oteka
- Shala Monroe
- Shayla Cox
- Shingai Shoniwa
- Shoes
- Short Film
- ShuGlu
- Slum Village
- Solange
- Spook Magazine
- Spring
- Steven Lopez
- Storyboard P
- Street Etiquette
- Street Style

**BEAUTIFUL**

Reply

**Dee O.** 5/19/2011

Thank you all so much for the feedback!!! :)

Reply

**Tamara Tashna Downes** 5/19/2011

I am so happy for Brianna McCarthy's success and her more people recognizing her beautiful work . Biggups to the fact that she lives in Trinidad (= We need more West Indian artists recognized .
peace, I Eat Hearts Blog

Reply

**winnie** 5/20/2011

this is amazing artwork. thanks for posting :)

-Winnie

<http://winniereally.blogspot.com>

Reply

**Nicole** 5/20/2011

Great interview! Very inspiring and encouraging. Dope artwork too!

Reply

**simplychic** 5/21/2011

amazing talent! i can look at this artwork over and over again...

- StyleLikeU
- Stylist
- Summer
- Summer Coats
- Swizz Beatz
- Szjerdene
- T.S Abe
- Tab-One
- Talib Kweli
- Teju Bolaji
- That GOOD GOOD Blog
- That GOOD GOOD Music
- The Black Ivy
- The Black Weblog Awards
- The Burning House
- The Coiffure Project
- The Foreign Exchange
- The GOOD Life
- The Internet
- The IOU Project
- The Pharcyde
- The Refutation of Good Hair
- The Roots
- The Stuyvesants
- The Weeknd
- THEESatisfaction
- Thenewyorkan
- Theophilus London
- Thrift Haul
- Thrift Stores
- Throwback Thursday
- Tolula Adeyemi
- Topshop
- Toro y Moi
- Toyin Odutola
- Trends
- Tumblr
- Tupac

Reply



Mary 5/21/2011

Her artworks are amazing!

Reply



The Corner Shop 5/21/2011

I've got a girl crush on this woman. Her words and way of thinking is totally commendable!

Adiya

Reply



Precious 5/21/2011

Her artwork is simply beautiful!!

joie-de-vie-blog.blogspot.com

Reply



Lee-Anne 5/21/2011

I love the way you've captured and promoted the African-Caribbean culture. Very inspired

<http://colour--love.blogspot.com>

Reply

- Turbans
- Tyler Perry
- Tyler The Creator
- Unique Boutiques
- Until The Quiet Comes
- Valentines Day
- Vintage
- Vintage Earrings
- Vintage Tartlette
- Viviane Sassen
- Wale
- Weekend Inspiration
- What I'm Listening To
- williamOkpo
- Winter
- Yasiin Bey
- Yokoo
- Young Entrepreneurs

**Thu 5/22/2011**

This is awesome, very talented. LOVE! XX

Reply

**New York Don't Leave Me 5/23/2011**

Wow she's tremendously talented! Thanks for sharing!
www.nydontleaveme.com

Reply

**Marisel Villanueva 6/12/2011**

I am loving your blog. The features are great.

Reply

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Publish

Preview

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