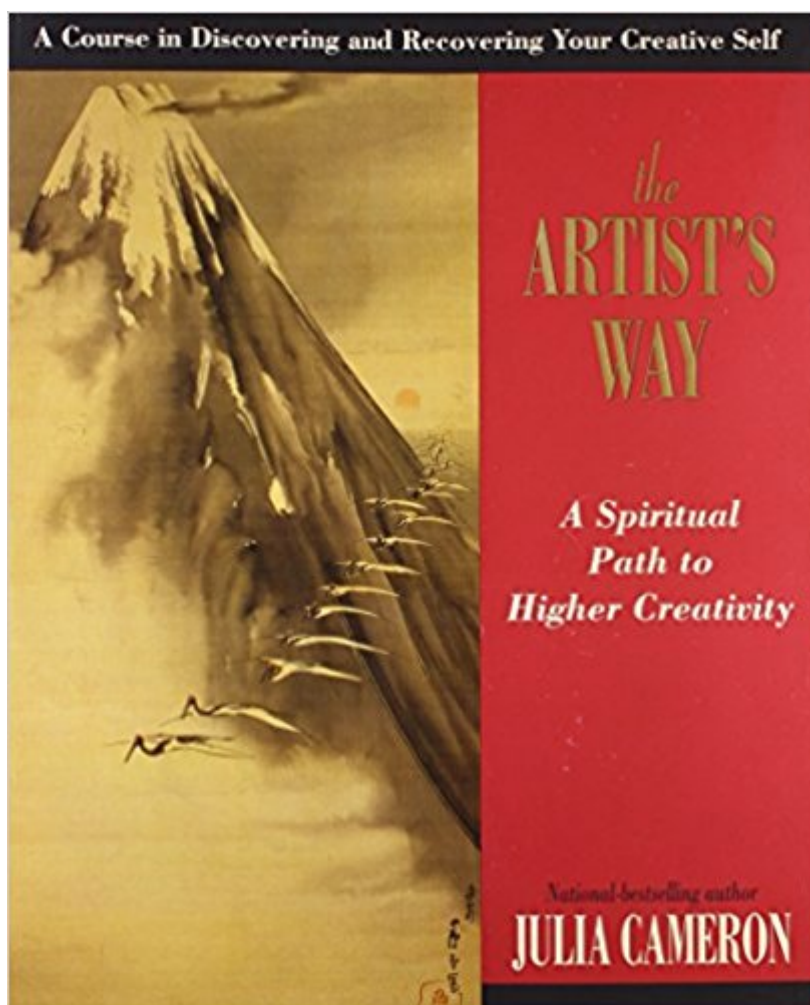


The book was found

The Artist's Way: A Spiritual Path To Higher Creativity



Synopsis

"Without *The Artist's Way*, there would have been no *Eat, Pray, Love*." —Elizabeth Gilbert
The Artist's Way is the seminal book on the subject of creativity. An international bestseller, millions of readers have found it to be an invaluable guide to living the artist's life. Still as vital today—or perhaps even more so—than it was when it was first published one decade ago, it is a powerfully provocative and inspiring work. In a new introduction to the book, Julia Cameron reflects upon the impact of *The Artist's Way* and describes the work she has done during the last decade and the new insights into the creative process that she has gained. Updated and expanded, this anniversary edition reframes *The Artist's Way* for a new century.

Book Information

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Customer Reviews

With the basic principle that creative expression is the natural direction of life, Julia Cameron and Mark Bryan lead you through a comprehensive twelve-week program to recover your creativity from a variety of blocks, including limiting beliefs, fear, self-sabotage, jealousy, guilt, addictions, and other inhibiting forces, replacing them with artistic confidence and productivity. This book links creativity to spirituality by showing how to connect with the creative energies of the universe, and has, in the four years since its publication, spawned a remarkable number of support groups for artists dedicated to practicing the exercises it contains. --This text refers to an out of print or unavailable edition of this title.

This program consists of segments from the author's book of the same name (Tarcher, 1992). She recommends two ongoing activities that will conquer blocks and self-destructive tendencies: morning pages and artist's dates. Morning pages are three pages of writing, performed daily, about anything at all. This exercise overcomes the writer's internal censor and makes writing habitual, she claims. The artist's date is a weekly block of two hours spent observing, experiencing, and sensing. The balance of the recording describes how the artist can overcome human tendencies such as jealousy, fear, and addiction. This abridgment leaves much to be desired. In her introduction, Cameron states that the audio is an interactive abridgment of her 12-week program. There is nothing interactive about it, however. The sound quality is poor, and the content is similar to the many available 12-step programs. In that sense, it is redundant and will appeal to a very small audience. Not recommended. Joanna M. Burkhardt, Univ. of Rhode Island Coll. of Continuing Ed. Lib. Copyright 1997 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

If you need a gift for an artist friend, this couldn't be more perfect! Julia's wonderful suggestions and exercises are incredibly helpful to those who work in creative fields and are often self-employed or freelance. Her "Morning Pages" are one of the most wonderful ideas ever. I don't do them all the time, but when I have a lot going on or a problem to solve, they really help me keep on track with my goals. That in itself is no easy task!

My second copy of this excellent book

Everyone would benefit from this book, particularly those who have unresolved issues that are blocking their creativity. The Daily pages are a form of journaling and there are many questions given throughout the chapters to ponder & help yourself get unresolved issues sorted out.

Practical and insightful. Helpful tips for those interested in a more creative and spiritual life. I loved the ideas about the morning journal pages

I've loved this book since it originally came out. It started me journaling and writing stories. Really helped me tap into other creative outlets.

So thankful for this guide to unlocking my creativity. I'm doing this 12 week program with a group of fellow "recovering artists" and we meet via google hangouts on a weekly basis. This is truly transformative. Thank you!!

Morning pages help me get my thoughts down on paper so that I can see what I want to accomplish with my life. It gives me perspective.

What a beautifully designed book, really speaks to the artist in all of us, just in construction. Well written with great exercises.

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