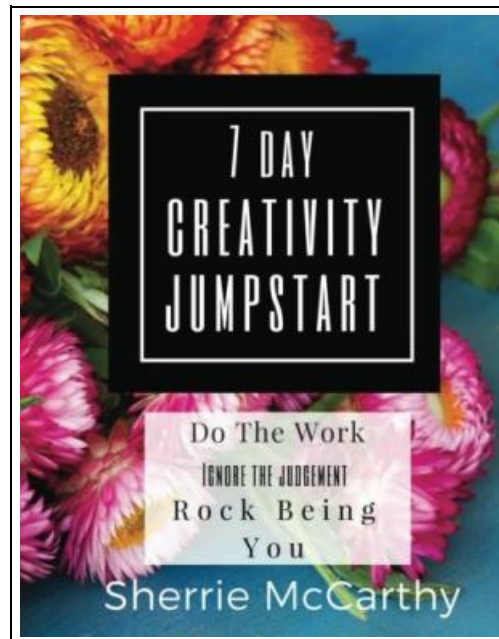


The 7 Day Creativity Jumpstart (Paperback)



Filesize: 3.62 MB

Reviews

This book might be worth a read, and superior to other. Of course, it really is engage in, still an interesting and amazing literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Prof. Valentin Hane MD)

THE 7 DAY CREATIVITY JUMPSTART (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Do you hear the roar of your inner critic in your ear whenever you sit down to write, paint or otherwise create? Stop letting the outside world prevent you from the creative life you need and deserve with the help of the 7 Day Creativity Jumpstart. The 7 Day Creativity Jumpstart is a workbook designed to help you identify where you need to make changes in your life in order to allow creativity to flood in. This workbook helps you poke around at your foundation (including the cracks and wonky parts) and grow stronger in your vibrant and creative life through exercises and actions. The Jumpstart is about fixing the real reasons you are not creating (like the ever present inner critic who sounds a lot like your grade 8 bully, who also just recently found you on Facebook) and not just addressing a lack of ideas you may have. Rather than a book of creative prompts, this book asks you to dig deeper and really challenge yourself. Like all good jumpstarts, it can be used every time you find yourself stuck in your creative process. Over the next 7 days you will journal responses to questions about: Creativity and your comfort zone The gremlins in your creative closet How to set achieve your creative goals What the creative in you needs Connecting to your creative self Making changes in your life And making a creativity contract based on what you have learned about yourself. I believe life is messy and wonderful and painful and phenomenal. Life happens and things change and new challenges present themselves. Sometimes we go forward and sometimes we slide backwards. We don't believe in...



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