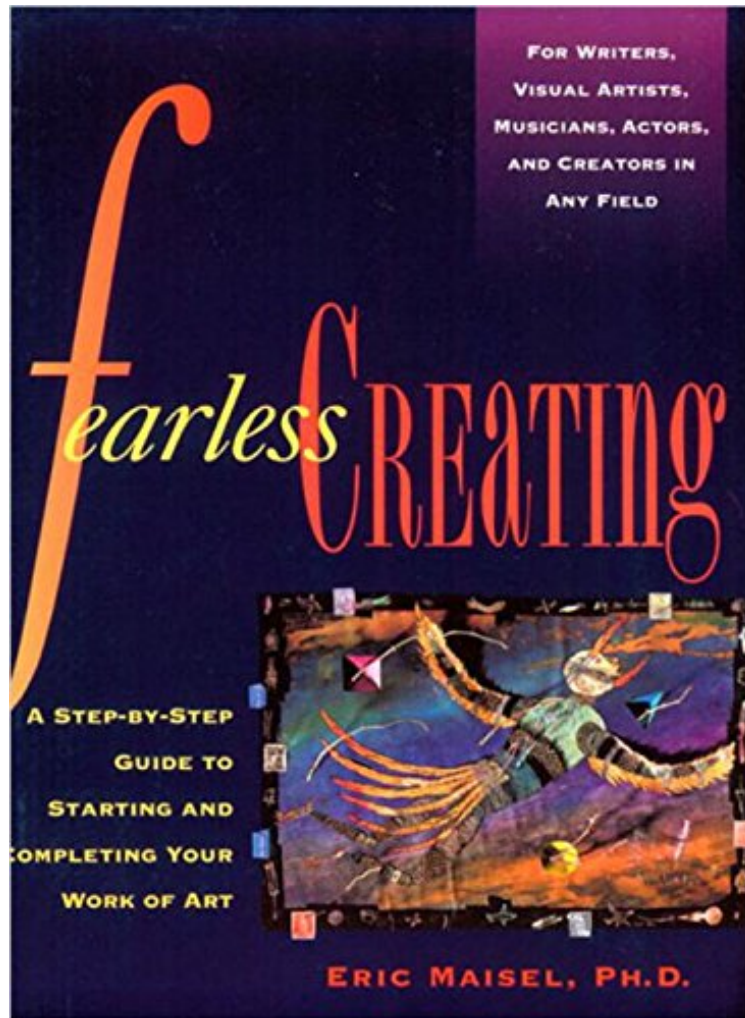


Fearless Creating: A Step-by-Step Guide To Starting and Completing Your Work of Art

Eric Maisel

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Eric Maisel : Fearless Creating: A Step-by-Step Guide To Starting and Completing Your Work of Art before purchasing it in order to gage whether or not it would be worth my time, and all praised Fearless Creating: A Step-by-Step Guide To Starting and Completing Your Work of Art:

2 of 2 people found the following review helpful. A Perfect Kick-Start for Blocked Creators By Eloise Morley Not only did this book get me going again, it has done the same for the people I've given or recommended it to. Maisel does not back down from the issues which block creativity by telling his readers that we'll not feel afraid. Anyone who has ever tried to create something original is well acquainted with the primal terror which can arise. Maisel guides readers into and through the things which stop us. He knows where our courage lies and he leads us there. A must for creators,

whatever your medium. 1 of 1 people found the following review helpful. ExcellentBy bdsExcellent book. I found myself excited to create after the first few pages. I felt like he was talking directly to me and my issues as an artist. He really gets to the heart of things and explains about the anxiety artists deal with and how we should welcome that instead of fighting it. What a concept. He's full of great ideas. 24 of 25 people found the following review helpful. Excellent, braveBy AllseasonsI am impressed at Maisel's boldness of style and content. He is not afraid to probe the depths of the human tendency to make excuses, play it safe, take the easy way out. He offers tough-minded encouragement in overcoming these near-universal blocks to originality and creativity, in art and in life. The exercises are interesting and useful, although of course some will be more relevant than others for each individual practitioner. I wouldn't judge in advance which ones are best, though; sometimes the least appealing is the most needed. Not for those who find creativity easy and straight-forward (which often means they aren't pushing their limits, which is fine if that's how they want to play it), but they probably wouldn't buy it anyway.

For writers, painters, or performers in any field, new hope for overcoming creative blocks and finishing the art of their dreams. The blank page, empty canvas, or uncarved stone will often fill artists with dread. But so may the thought of finishing, showing, or even selling their work. It is in this "artistic anxiety" that creative blocks begin. With an understanding that could only be gained through years of experience in counseling artists, writers, and performers, Eric Maisel, Ph.D. discusses each stage of creation--wishing, choosing, starting, working, completing, selling--and the anxieties particular to each. He then shows how these inhibiting tensions can be turned to artistic advantages, how truth and beauty arrive in the work of art precisely because, and only when, anxiety has been understood, embraced, and resolved. *Fearless Creating* guides the reader, whether an experienced artist or someone just starting out, past the pitfalls that appear in each stage of the process. By following Dr. Maisel's exercises related both to the world at hand and the ongoing struggles of artistic life, readers will emerge from this book with a completed work of art and a new perspective on their potential to be a fearless creator.

.com Besides being a writer himself, Eric Maisel is a therapist with a practice centered around artists, writers and performers and has seen many of the demons that haunt the creative life firsthand. In this inventive workbook, he comes up with many exercises designed to help you blast through your own inertia and fear, to get you back to the typewriter, the easel, or on the stage where you belong. About the Author A featured speaker at writers conferences and a regular contributor to *Writers Digest*, psychotherapist Eric Maisel has written twenty-two works of fiction and nonfiction including *The Creativity Book*, *Deep Writing*, *A Life in the Arts*, *Fearless Creating*, and *Affirmations for Artists*. He lives near San Francisco.