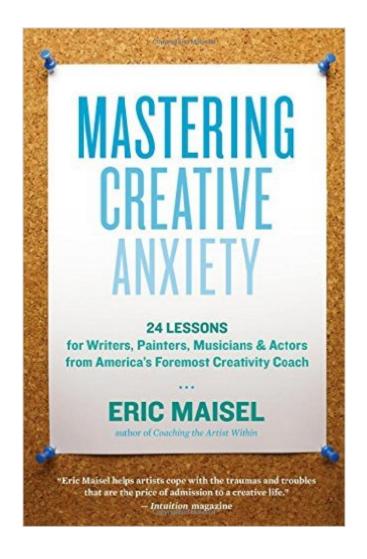
The book was found

Mastering Creative Anxiety: 24 Lessons For Writers, Painters, Musicians, And Actors From America's Foremost Creativity Coach





Synopsis

In his decades as a psychotherapist and creativity coach, Eric Maisel has found a common thread behind what often gets labeled "writerâ [™]s block,â • “procrastination,â • or “stage fright.â • Itâ [™]s the particular anxiety that, paradoxically, keeps creators from doing, completing, or sharing the work they are driven toward. This “creative anxietyâ • can take the form of avoiding the work, declaring it not good enough, or failing to market it — and it can cripple creators for decades, even lifetimes. But Maisel has learned what sets successful creators apart. He shares these strategies here, including artist-specific stress management; how to work despite bruised egos, day jobs, and other inevitable frustrations; and what not to do to deal with anxiety. Implementing these 24 lessons replaces the pain of not creating with the profound rewards of free artistic self-expression.* Practical insights and proven techniques for overcoming the challenges and fears that plague creators of every kind* Teaching tales that convey effective approaches to creating fearlessly and abundantly

Book Information

Paperback: 272 pages Publisher: New World Library (March 1, 2011) Language: English ISBN-10: 157731932X ISBN-13: 978-1577319320 Product Dimensions: 0.8 x 5.5 x 8.5 inches Shipping Weight: 12.6 ounces (View shipping rates and policies) Average Customer Review: 4.5 out of 5 stars Â See all reviews (28 customer reviews) Best Sellers Rank: #168,861 in Books (See Top 100 in Books) #165 in Books > Arts & Photography > Performing Arts > Theater > Acting & Auditioning #185 in Books > Self-Help > Art Therapy & Relaxation #195 in Books > Self-Help > Anxieties & Phobias

Customer Reviews

Mastering Creative Anxiety by Eric MaiselTwenty-four lessons for managing your feelings of anxiety. The subtitle suggests that artists of all kinds tap into these chapters, "24 Lessons for Writers, Painters, Musicians and Actors...." I believe these techniques would help any procrastinator out there. Have you ever started a project only to run out of enthusiasm? I know I have. I started painting a small apartment in the end of December and admit that I still have finishing touches to add and it's mid-March. Even as recently as a few days ago I was painting. I have one more color to touch-up and then I can officially say the project is complete. I believe that this book helped me put the excuses aside and change my attitude from project as chore to project as gift to myself. Two of the 24 lessons particularly appealed to me. Chapter 14, The Anxiety of Failing, provides new visualization techniques. I loved the suggestion to visualize yourself in the presence of someone who is calming for you such as a loved one, a deceased one, a close friend, etc. Usually these techniques center on placing yourself in a safe environment or stepping your mind through the process visualizing a successful ending. Chapter 21, The Anxiety of Procrastination, says, "Anxiety causes procrastination, and procrastination produces more anxiety. Get out of this vicious cycle by recognizing how much anxiety is at play..." That's what I needed to hear. I felt like I was avoiding anxiety by pushing off my painting needs and yet what I was actually doing was making the feeling grow. Once I realized that, it was a matter of time before that color line between ceiling and wall became straighter.

Download to continue reading...

Mastering Creative Anxiety: 24 Lessons for Writers, Painters, Musicians, and Actors from America's Foremost Creativity Coach First Lessons for Beginning Writers: 40 Quick Mini-Lessons to Model the Craft of Writing, Teach Early Skills, and Help Young Learners Become Confident, Capable Writers Becoming a Professional Life Coach: Lessons from the Institute of Life Coach Training Games for Actors and Non-Actors, 2nd Edition Winning Monologs for Young Actors: 65 Honest-To-Life Characterizations to Delight Young Actors and Audiences of All Ages The Song Writers Rhyming Dictionary: Step-By-Step System To Mastering Your Song Writing ,Rhymes, Free Styles and Song writing Game (Song Writers Rhyming Dictionary) Art Williams: COACH: The A. L. Williams Story: How a No-Name Company, Led by a High School Football Coach, Revolutionized the Life Insurance Industry Secrets of Breaking into the Film and TV Business: Tools and Tricks for Today's Directors, Writers, and Actors Stage Fright and Performance Anxiety: An Essential Guide to Staying Calm and Focused Under Pressure - (How to Overcome Stage Fright and Performance Anxiety) The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, at School, and Everywhere Else (Teen Instant Help) The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry (Instant Help Solutions) How To Tap Dance By Nick Castle, Hollywood's Foremost Dance Director And Teacher Of The Stars The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert The founders of the Massachusetts Bay colony. A careful research of the earliest records of

many of the foremost settlers of the New England colony Art Journey America Landscapes: 89 Painters' Perspectives To Be An Artist: Musicians, Visual Artists, Writers, and Dancers Speak Romance, Emotion, and Erotica Writers' Phrase Book: Essential Reference and Thesaurus for Authors of All Romantic Fiction, including Contemporary, ... Suspense (Writers' Phrase Books) (Volume 7) 101 Best Sex Scenes Ever Written: An Erotic Romp Through Literature for Writers and Readers (Great Books for Writers)

<u>Dmca</u>