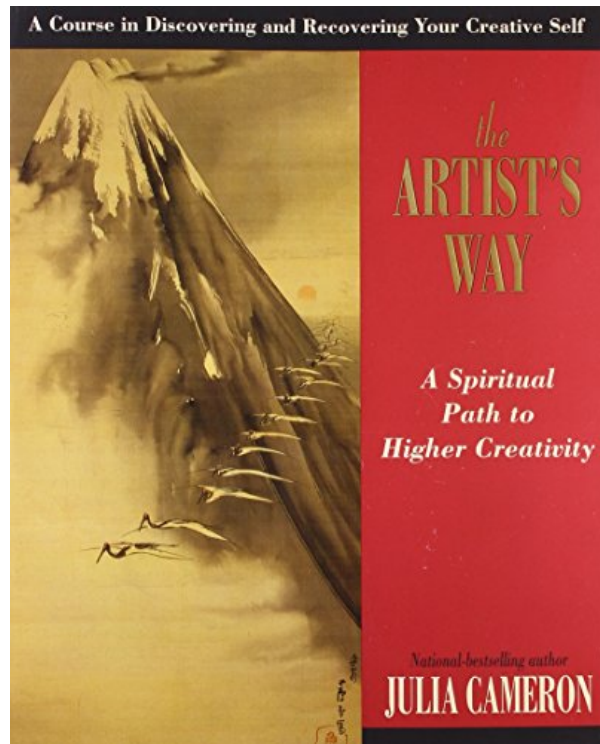
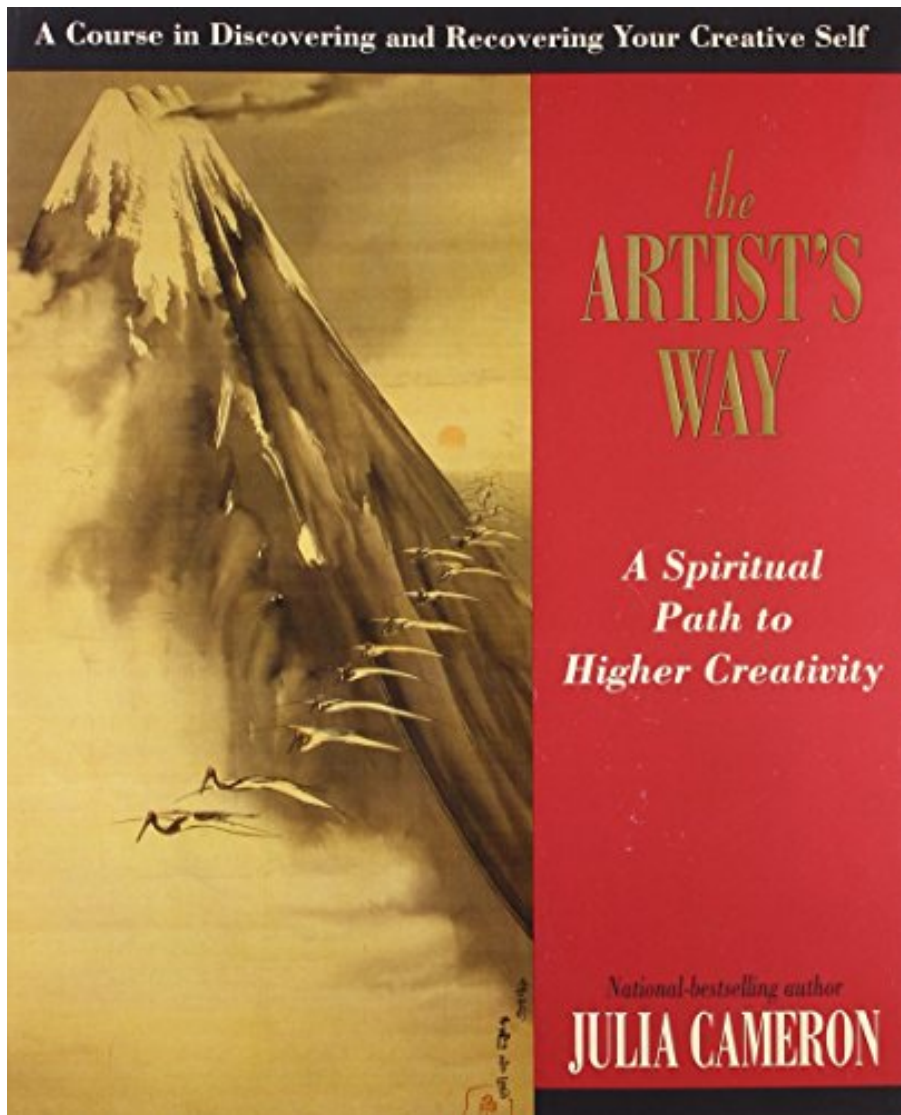


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# THE ARTIST'S WAY: A SPIRITUAL PATH TO HIGHER CREATIVITY BY JULIA CAMERON PDF

"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.

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- Binding: Paperback
- 237 pages

## Features

- Great product!

## Most helpful customer reviews

6 of 6 people found the following review helpful.

Well worth the time and effort to go through

By Elena

The activities contained makes this book a lot of fun to go through. I like how she takes her readers through the definition of the idea she's presenting, rather than explaining it. One example would be that instead of explaining codependency, she helps the reader to identify "crazymakers" in their life and how to gain freedom from them.

I do take some of her " insights" with a grain of salt, but other than that, The quality of the book is very well written and enjoyable.

1 of 1 people found the following review helpful.

This book is advertised as help for folks who are ...

By Lifelong learner

This book is advertised as help for folks who are experiencing difficulty getting in touch with their creativity. I think it should be advertised as help for folks in general. Yes, the questions and tasks are directed at folks engaging in creative endeavors, but the life review that is scattered throughout the book can be used by anyone. And if the topics are too focused on art for you, just think about how they apply to your interests instead. Use the book for what it is: a tool for self-examination and enlightenment gained through introspection and WRITING -- promise yourself that you'll at least TRY the daily writing. It is so incredibly rewarding.

4 of 4 people found the following review helpful.

essential reading for any creative person- easy to apply to ANY life perspective, spiritual or not

By Chel Micheline

For years I have owned "Artist's Way" but resisted reading it, even though several of my friends told me it was essential reading and kept sharing amazing insights from the book. Every time I started it, I got turned off by Julia Cameron's writing style and I was a tiny bit wary about the spiritual aspect of the book. Also-morning pages being necessary... I couldn't imagine how it would work for me.

But as part of a book club I was asked to lead the reading and discussion of The Artist's Way so I dove in.

The first thing to know is that this book *is* essential reading. Despite my initial negative reaction to Cameron's writing style (it seemed fussy), I quickly got used to her tone and way of approaching different subjects and ideas. There is some GREAT stuff in this book- things that all artists and writers and other "creatives" NEED to know and think about. I've been an artist now for more than half my life and there was some basic topics in this book that I never even considered before.

The second thing is that while Cameron does put a bit of a spiritual spin on things, it's absolutely NOT necessary to be in agreement with her spiritual philosophies to get a tremendous amount from this book. Take what you need, disregard the rest. For those who are spiritual and open to it, there's a lot of great perspective in this book about how spirituality and creativity are tied together. For those who would rather keep their creative pursuits separate from spirituality, it's very easy to "read around" the bits that do pertain to spirituality. Plus, the spiritual aspect of the book is VERY flexible- it's not solely one path or creed. It's easy to apply the spiritual philosophy to whatever your faith is (or isn't).

Third, and this may be horrifying to some, this book is STILL extremely useful and life-changing EVEN if you don't do the morning pages. I've done the book with the morning pages and exercises and without doing the morning pages and exercises and I've had great success and insight both ways. So even though some may argue that the book/program is useless without the morning pages, I believe that if you can find an outlet similar *to* the morning pages in which you have the opportunity to clear the junk out of your brain and get to the creative stuff (mine wound up being collage, swimming, and gardening), Cameron's advice still works.

This is powerful, inspiring stuff. And I don't say that lightly. No matter what your personal philosophy is, whether or not you can do the entire program (morning pages, exercises, and all) or just want a few pieces of "food for thought" to inspire your creative life, this book is essential.

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