



Making Your Creative Mark: Nine Keys to Achieving Your Artistic Goals

Ph.D. Eric Maisel

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Writers, painters, singers, filmmakers, musicians, craftspeople, and actors confront daunting challenges every day. It is hard to produce new work, find success in the marketplace, manage relationships, and keep spirits up. Many doubt that solutions to these very real problems exist, but they do, and world-famous creativity coach Eric Maisel has compiled them in this book. You will learn how to:

- * make sense of the challenges of your personality, the challenges inherent in creative work, and the challenges of culture and marketplace
- * quiet your overactive mind
- * increase motivation and avoid blocks
- * engage in practices that create and reinforce meaning
- * align self-talk with goals, avoiding negative loops that block creativity
- * identify stressors and implement stress-management techniques designed specifically for artists
- * maintain emotional intimacy and healthy relationships in the midst of the creative process
- * claim your identity as an artist
- * rekindle passion for your art and feed that flame during dark days and dry spells

Intended for professional artists and those aspiring toward professional status, this book offers the nuts and bolts of sticking to a successful and fulfilling life in the arts.

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