



# Everyday Creative: 30 Way to Wake Up Your Inner Artist

*Eric Maisel*

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# Everyday Creative: 30 Way to Wake Up Your Inner Artist

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## **Everyday Creative: 30 Way to Wake Up Your Inner Artist** Eric Maisel

Award-winning creativity coach and therapist, Eric Maisel, offers the *A Little Every Day Deck* series to help readers develop a more centered, creative, intelligent life. Each card in the series presents a single idea and a simple exercise to try every day. Readers can use the decks in a variety of ways. They can: • Read through the 30 cards in the deck, pick one that resonates, and try the simple exercise the card suggests. • Use the cards as a 30-day program, practicing one message and exercise a day. • Shuffle the cards, cut the deck, and let a random message speak. • Find a favorite message and exercise, repeat it until the message is taken to heart, then go on to another card in the deck. Each deck is designed to work with the others to help readers grow in profound, even unexpected ways. *Everyday Creative* provides 30 ways to awaken the artist within. Each card helps build a more creative life: undertake new creative projects, live life more authentically, and manifest a true artistic nature. Cards invite readers to acquire new confidence, allow for fortunate accidents, embrace mystery, reduce anxiety, and more. Mystery is the artist's territory. We know. And we don't know. Grow creative by embracing mystery. Intending is more powerful than wishing. Intend to create. Hold the intention in your heart and in your belly. Grow creative through powerful intention. No desire, no creativity. Burn to create. Fall deeply in love with life. Grow creative through passionate desire.

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#### **Bettie Hentges:**

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#### **Junior Price:**

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