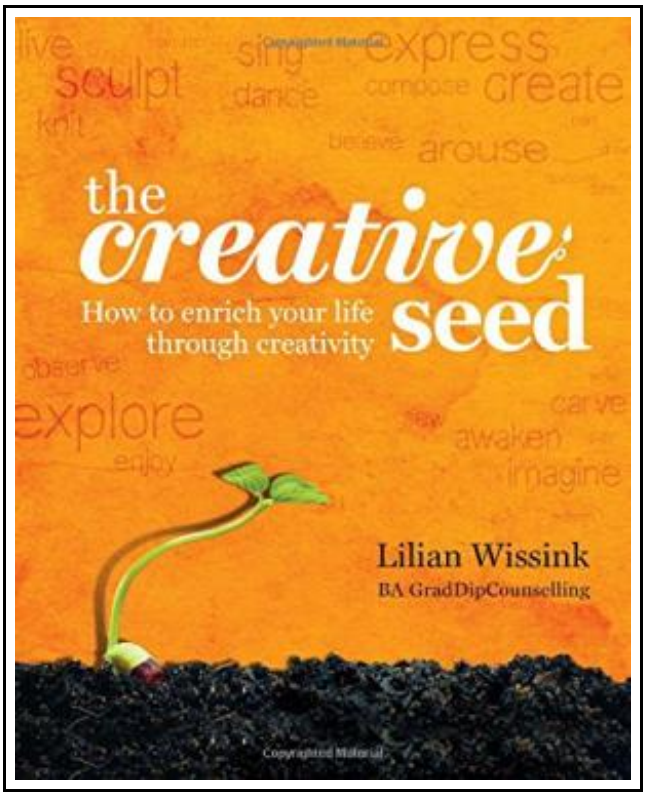
The Creative Seed: How to Enrich Your Life Through Creativity



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Reviews

Merely no words to clarify. I could comprehended almost everything using this published e publication. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Lori Terry)

THE CREATIVE SEED: HOW TO ENRICH YOUR LIFE THROUGH CREATIVITY

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Exisle Publishing (Australia). Paperback. Book Condition: new. BRAND NEW, The Creative Seed: How to Enrich Your Life Through Creativity, Lilian Wissink, The Creative Seed is the prefect guidebook for anyone who has an interest in exploring some form of creative expression. Even if you think you don't have an ounce of creative flair, you can discover and nurture a new, exciting dimension in your life. Whether you are already involved in some form of creative expression, a raw beginner or well established, this book provides a host of strategies to keep you inspired and on track in living your creative dream. The book is written in two parts. The first is designed for newcomers to identify the creative interest they would like to explore.The common myths of creativity are challenged and stimulating exercises are provided to help the reader discover their creative strengths. This section concludes with an original concept explaining the creative process called the SEED approach - an acronym that stands for skills, experimentation, evaluation and discovery. The concept is aimed at guiding beginners and established creators to clearly understand the nature of the creative process. Part Two addresses the common difficulties people experience, such as anxiety, low self-confidence and procrastination. Chapters provide case histories, questions and exercises to assist the reader in gaining self-awareness and practical skills to be active and successful in their creative expression.

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