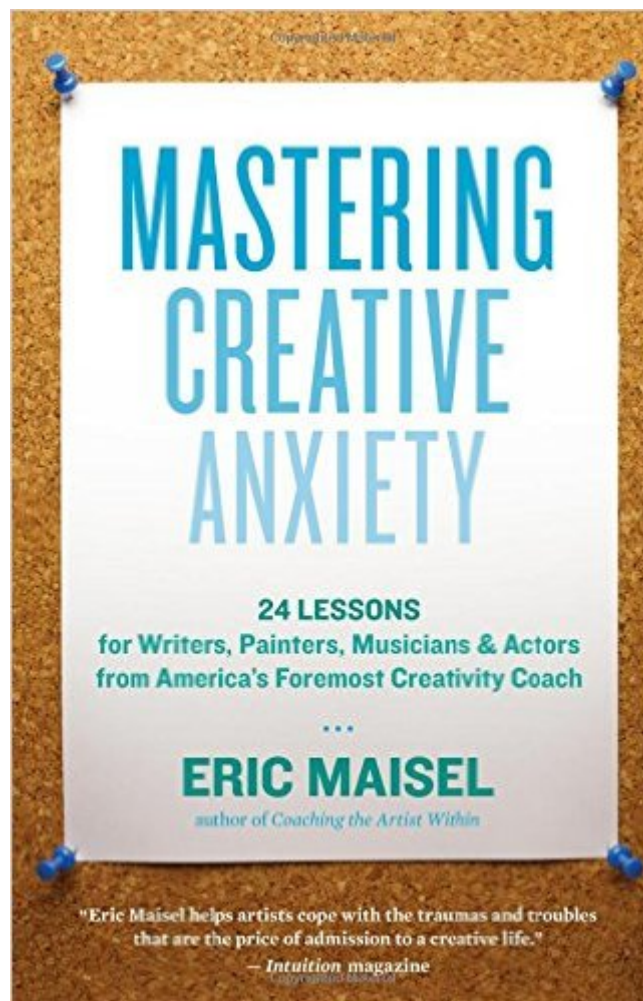


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# Mastering Creative Anxiety: 24 Lessons For Writers, Painters, Musicians, And Actors From America's Foremost Creativity Coach



## Synopsis

In his decades as a psychotherapist and creativity coach, Eric Maisel has found a common thread behind what often gets labeled "writer's block," "procrastination," or "stage fright." It's the particular anxiety that, paradoxically, keeps creators from doing, completing, or sharing the work they are driven toward. This "creative anxiety" 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

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## 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.

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