



Unlock Your Creativity

A 21 day sensory workout for writers

SUE JOHNSON
& VAL ANDREWS

Unlock Your Creativity A 21 Day Sensory Workout For Writers Val Andrews

Sue Johnson, Val Andrews



Unlock Your Creativity A 21 Day Sensory Workout For Writers Val Andrews:

Unlock Your Creativity Sue Johnson, Val Andrews, 2014-03 21 days to creative freedom **Unlock Your Creativity** Sue Johnson, Val Andrews, 2014-03-28 *Unlock Your Creativity* a 21 day sensory workout for writers is the first book in the series co authored by Sue Johnson and Val Andrews *Unlock Your Creativity* begins with exercises to help the reader identify their creative aspirations It then takes them on a 21 day journey through the senses showing a variety of ways to fuel their creative writing Sue and Val support this sensory workout with a selection of practical planning tools hints and tips to keep the creative writer focused on achieving their goals and to help sustain their momentum and work flow when life gets in the way This book also incorporates exercises and information from Sue and Val s successful *Unlock Your Creativity Workshops* It is a must read for anyone who has always wanted to write but doesn t know where to start *Art for Happiness* Val Andrews, 2015-03-18 If you ve ever felt the urge to express yourself creatively but you re not sure where to start this book could be what you re looking for Supported by contemporary research on the creative process and sparkling reviews from readers *Art for Happiness* finding your creative process and using it is bound to inspire you Crammed with information and exercises this book will help you find your own ideas for realising your creative potential and will provide you with the structure to see your creative projects through to completion PART 1 is all about YOU By asking you 5 key questions it will tease out what s really important to you and how you view your creative self It also leads you through some creative visualisations and prompts you to consider ways in which you can use these to fuel your creative ideas There are also some exercises to help you focus your intentions on the creative work you want to do PART 2 is all about your creative self This starts with exercises to help you manage any negative self talk and to work in partnership with your internal critic There are also some exercises to help you find your creative concepts and to protect your emerging creative self Exercises to help you get into the zone of creative work and to manage your creative energy are also included PART 3 is about inspiring your creative self with exercises to help you mine your childhood memories and major life events There are also some stream of consciousness exercises you can do to extract key creative ideas from your subconscious and bring them forth into your creative projects Dreamwork is also included drawing upon the teachings of CG Jung PART 4 helps you to sustain the momentum of your creative energy and ideas There are exercises to help you ground yourself in your creative space how to care for your creative self and share experiences with other artists who have similar interests to you The processes for keeping your vision alive and recycling creative ideas alive are also covered in this part of the book It also explains the difference between creativity and innovation and how you can move from one to the other PART 5 of this book includes interviews with a number of established artists and writers exploring their creative process and how they think and feel about their creative work The final section of this book lists a number of other books for further reading on specific topics and ideas explored in this book If you are interested in developing your creative self but feel a bit stuck this book will help

you to get unstuck and get your creative energy flowing again **Writing from the Senses** Laura Deutsch,2014-05-13

Break through writer s block using your five senses The sensory details that infuse our everyday experience the smell of a favorite dish cooking the texture of a well worn coat hearing a song that reminds you of a person or a time in your life can be used to add richness and spark to what we write Whether you are a professional writer or want to be one or someone who enjoys just writing for your own personal fulfillment Writing from the Senses will show you how to tap into an endless source of engaging material using your senses as prompts The exercises will stimulate you to develop stories imagery and details that will allow readers to see taste hear smell and feel that they re in the scene Writing from the Senses Provides 60 prompts and creative writing exercises organized by sense Presents engaging narratives personal essays and instruction to entertain and inform readers and illustrate the effectiveness of each exercise Helps writers recognize the sensory prompts that surround them daily and use them to trigger their individual stories and Shows how freewrites from the prompts in this book can result in publishable pieces

Creative Visualization Val Andrews,2016-02-21 For centuries creative visualization has been used in meditation to focus the mind In more recent times it s been used to help people achieve their goals and enhance their performance Building on these approaches this book offers a series of unique exercises to help the reader access the deepest part of their imagination and bring their creative practice to a new level To suggest that your internal resources and imagination comprise a gold mine is an understatement Almost everyone has a wealth of untapped potential that can be accessed through creative visualization techniques and this book will help them do it Research demonstrates that creativity is a natural part of the human condition and those who choose to engage with their creativity tend to experience greater levels of happiness and well being There s also substantial evidence demonstrating that creative individuals tend to perform better at work and that organizations harnessing the creativity of their people tend to be more competitive in the global marketplace That said this book is written for the individual for the person who wants the time and space to think these things through for themselves to explore their own imagination and enhance their own creative practice in whatever form that may take Part 1 of this book asks the reader a series of questions to help them understand their own thoughts about creativity and explore ways in which they can bring creative approaches to the work they do It also offers the reader a broad introduction to the key concepts associated with creative visualization and meditation while drawing on the scientific research about creativity The myth of the creative genius is blown apart and replaced with common sense explanations of how big ideas happen and how creative outcomes are achieved Part 2 of this book offers 14 unique creative visualization exercises ranging from quick and easy introductory exercises to longer and more complex exercises It is recommended that the reader do one exercise every alternate day as this will give them the opportunity to integrate what they ve learnt from each exercise and decide how they re going to use it in their creative practice Following this suggestion it will take the reader about one month to work their way through the book Part 3 of this book offers the reader some practical advice about

moving forward and using what they've learned from the exercises to enhance their creative practice. It explains how they can integrate these key insights into their work and make their inner critic work FOR them not against them. It also offers advice about getting back into the flow of creativity after a rigorous session with their inner critic so they can produce work to the standard they aspire. There is also an extensive list of further and recommended reading at the end of this book should the reader wish to explore some of the exciting research findings available on the topics of creativity, meditation, and creative visualization techniques.

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