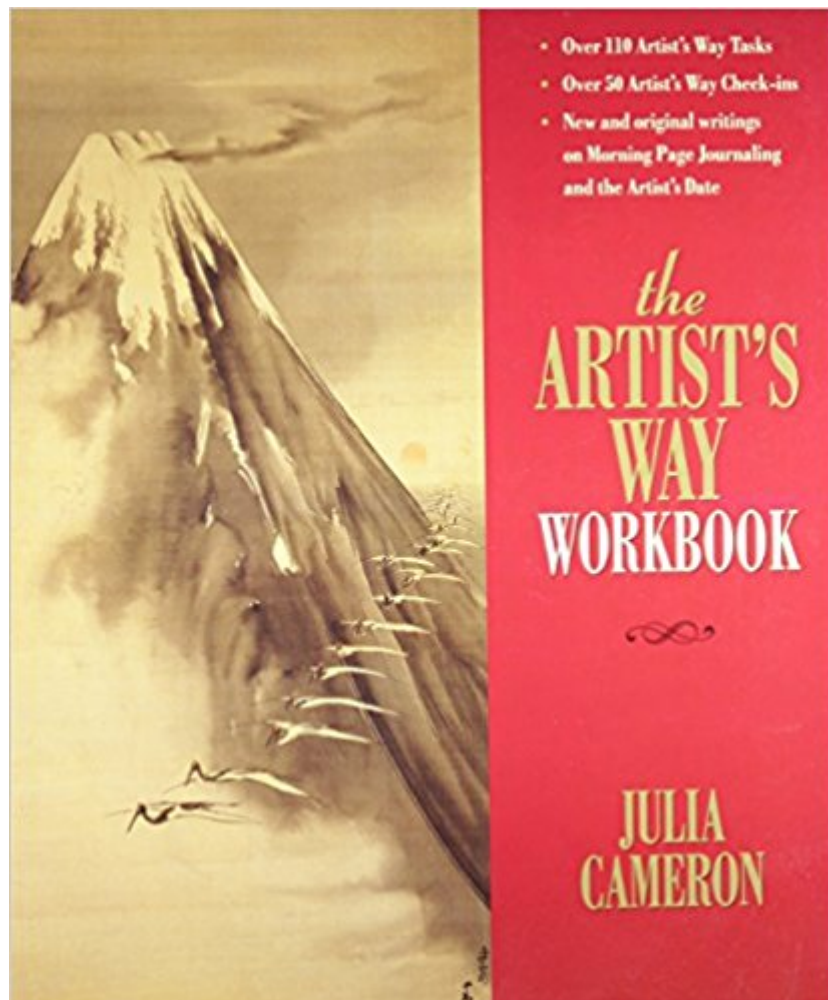


The book was found

# The Artist's Way Workbook



## Synopsis

For the millions of people who have uncovered their creative selves through the Artist's Way program—a workbook and companion to the international bestseller. A life-changing twelve-week program, The Artist's Way has touched the lives of millions of people around the world. Now, for the first time, fans will have this elegantly designed and user-friendly volume for use in tandem with the book. The Artist's Way Workbook includes: - more than 110 Artist's Way tasks; - more than 50 Artist's Way check-ins; - a fascinating introduction to the workbook in which Cameron shares new insights into the creative process that she has culled in the decade since The Artist's Way was originally published; - new and original writings on Morning Page Journaling and the Artist's Date—two of the most vital tools set forth by Cameron in The Artist's Way. The Artist's Way Workbook is an indispensable book for anyone following the spiritual path to higher creativity laid out in The Artist's Way.

## Book Information

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## Customer Reviews

"THE ARTIST'S WAY by Julia Cameron is not exclusively about writing--it is about discovering and developing the artist within whether a painter, poet, screenwriter or musician--but it is a "lot" about writing. If you have always wanted to pursue a creative dream, have always wanted to play and create with words or paints, this book will gently get you started and help you learn all kinds of paying-attention techniques; and that, after all, is what being an artist is all about. It's about learning to pay attention."--Anne Lamott, Mademoiselle "The premise of the book is that creativity and spirituality are the same thing, they come from the same place. And we were created to use this life

to express our individuality, and that over the course of a lifetime that gets beaten out of us. [THE ARTIST'S WAY] helped me put aside my fear and not worry about whether the record would be commercial."--Grammy award-winning singer Kathy Mattea "Julia Cameron brings creativity and spirituality together with the same kind of step-by-step wisdom that Edgar Cayce encouraged. The result is spiritual creativity as a consistent and nourishing part of daily life."--Venture Inward "I never knew I was a visual artist until I read Julia Cameron's THE ARTIST'S WAY."--Jannene Behl in Artist's Magazine "Julia Cameron's landmark book THE ARTIST'S WAY helped me figure out who I really was as an adult, not so much as an artist but as a person. And award-winning journalist and poet, Cameron's genius is that she doesn't tell readers what they should do to achieve or who they should be--instead she creates a map for readers to start exploring these questions themselves."--Michael F. Melcher, Law Practice magazine "This is not a self-help book in the normative sense. It is simply a powerful book that can challenge one to move into an entirely different state of personal expression and growth."--Nick Maddox, Deland Beacon "T

Award-winning writer Julia Cameron is the author of twenty-two books, both fiction and nonfiction, including The Artist's Way, The Vein of Gold, Walking in This World, The Right to Write, and The Sound of Paper. A novelist, playwright, songwriter, and poet, she has extensive credits in theater, film, and television.

I am not good at sticking to programs like this, so I really appreciate this workbook. I had been reading through the "regular" AW book without paying attention to the assignments, but this workbook takes care of that, and I like the feeling of seeing my words on the page. It encourages me to keep going. Also- there are some assignments that are not in the text. I can't say how many, but there are some.

I purchased this workbook as a basis for keeping me on track with the original Artist's Way book and it seems to be doing a better job than the first time I tried to work through the Artist's Way book by myself. I am hoping that a group of us can complete the course together and I definitely think that this workbook will help. It was compiled by Julia Cameron who wrote the original book. I will update as I progress, but so far I am very encouraged. I am a weaver and that is a very solitary medium so I find that I need encouragement and support from time to time.

This is a journey. A journey of a lifetime. If you are so fortunate to open this book and workbook;

your life could not ever be the same . The book took away the pain of no decisions, bad decisions and decisions made for me. I did and you may discover the creative person you are and were meant to be. Nothing is the same, for me I have broken chains that bound me to labor. I have re constructed who I am. Please get these 2 items and join me in a life worth living that can never be stolen or lost again.

I am in the process of working through this book and find that the weekly and daily activities are working for me. This classic by Julia Cameron has been relied on by young artists just starting out and by veterans who seek a boost in their creativity. It works for all art forms -- music, visual, performance, writing, design, architecture, fiber arts, and anything that depends on divine inspiration and the creative spark to make something beautiful and expressive. The morning pages that I write will never see the light of day, they are strictly therapeutic and wow! What a fire has been lit in my brain -- so many ideas! This workbook is a powerful tool and I recommend it.

What a wonderful accompaniment to The Artist's Way book. My therapist suggested I order both books and read them/do the exercises at least once per day. I can say that at first I was a bit apprehensive. Anything that claims to be for "artists" is a little suspicious to me. But Julia Cameron really has a gift of weaving insight into the creative process into her writing. This book is not just for people who identify as artists. This book is for anyone looking for a little divine inspiration.

This is a great book for people who need inspiration, who need to get unstuck, who find themselves in a writers block or a creative dilemma. Though this book has a spiritual tone to it, it is not based on it. I am not a religious person, and I loved this book and it turned me in the creative direction I needed to go it in order to start my writing. It helps you organize your thoughts and put things in perspective. I guarantee it will not disappoint!

I was concerned that since I am not an artist that this workbook (along with the book) would not be of much help to me but I was wrong. Even though it takes time to get used to writing each morning it is well worth it. Julia does have a way of getting some "stuff" out of the way so I can see the creativity I have and how to tap into that in my everyday life.

A lovely way to reignite not only your creativity, but your spirit. I recently lost my husband,moved across the country where most of my kids are and starting over. There are no accidents so I met a

woman who immediately invited me to join her 'Artist's Way' study group. We meet weekly and I am amazed at what I have done-working on a novel that I started years ago and writing short stories about relatives that my grandchildren never met, but carry the genes and the spirit of these wonderful people with them - so I will tell their stories.I shared this experience with my dearest and longest friend, who is on the East Coast and now she is starting an Artists Way group there. I look forward to phone or skype discussions, so onward we go.....Thank you,S.M. Potter

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