



## Art for Happiness: Finding Your Creative Process and Using It (Paperback)

By Val Andrews

Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. 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...

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