

Fearless Creating: A Step-by-Step Guide To Starting and Completing Your Work of Art

By Eric Maisel

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Fearless Creating: A Step-by-Step Guide To Starting and Completing Your Work of Art By Eric Maisel

For writers, painters, or performers in any field, new hope for overcoming creative blocks and finishing the art of their dreams.

The blank page, empty canvas, or uncarved stone will often fill artists with dread. But so may the thought of finishing, showing, or even selling their work. It is in this "artistic anxiety" that creative blocks begin.

With an understanding that could only be gained through years of experience in counseling artists, writers, and performers, Eric Maisel, Ph.D. discusses each stage of creation-wishing, choosing, starting, working, completing, selling--and the anxieties particular to each. He then shows how these inhibiting tensions can be turned to artistic advantages, how truth and beauty arrive in the work of art precisely because, and only when, anxiety has been understood, embraced, and resolved.

Fearless Creating guides the reader, whether an experienced artist or someone just starting out, past the pitfalls that appear in each stage of the process. By following Dr. Maisel's exercises related both to the world at hand and the ongoing struggles of artistic life, readers will emerge from this book with a completed work of art and a new perspective on their potential to be a fearless creator.

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Editorial Review

Amazon.com Review
Besides being a writer himself, Eric Maisel is a therapist with a practice centered around artists, writers and performers and has seen many of the demons that haunt the creative life firsthand. In this inventive workbook, he comes up with many exercises designed to help you blast through your own inertia and fear, to get you back to the typewriter, the easel, or on the stage where you belong.

About the Author
A featured speaker at writers' conferences and a regular contributor to **Writer's Digest**, psychotherapist Eric Maisel has written twenty-two works of fiction and nonfiction including **The Creativity Book, Deep Writing, A Life in the Arts, Fearless Creating**, and **Affirmations for Artists**. He lives near San Francisco.

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