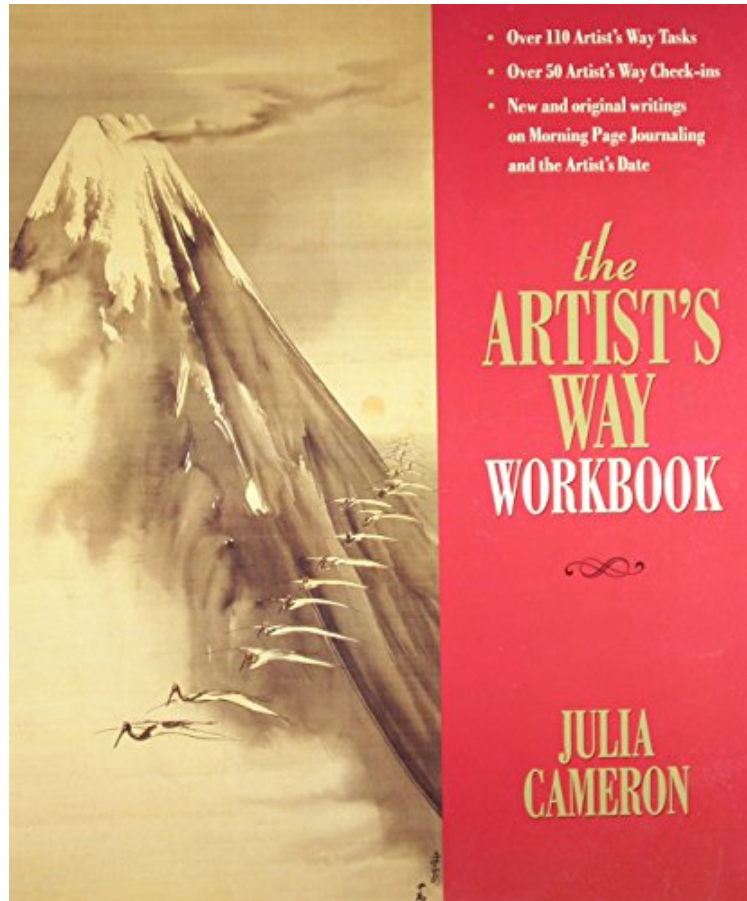


# The Artist's Way Workbook

Julia Cameron

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**Julia Cameron : The Artist's Way Workbook** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Artist's Way Workbook:

2 of 2 people found the following review helpful. A New Beginning and Old ConnectionsBy sharon PotterA 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. Potter0 of 0 people found the following review helpful. The Artist's WayBy Anna TimmThis is a great book for incorporating creativity into daily life to achieve therapeutic goals2 of 2 people found the following review helpful. Helps to stay on taskBy LYNNThis came with the complete set I purchased. I have enjoyed using it along with the two other books in the package deal. I am not always good at

follow thru with things like this, so having the workbook was great for me.

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*.

"*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* "About the Author Julia Cameron has been an active artist for more than three decades. She is the author of more than thirty books, including such bestselling works on the creative process as *The Artists Way*, *Walking in This World*, and *Finding Water*. Also a novelist, playwright, songwriter, and poet, she has multiple credits in theater, film, and television, including an episode of *Miami Vice*, which featured Miles Davis, and *Elvis and the Beauty Queen*, which starred Don Johnson. She was a writer on such movies as *Taxi Driver*, *New York, New York*, and *The Last Waltz*. She wrote, produced, and directed the award-winning independent feature film *God's Will*, which premiered at the Chicago International Film Festival, and was selected by the London Film Festival, the Munich International Film Festival, and the Women in Film Festival, among others. In addition to making films, Cameron has taught film at such diverse places as Chicago Filmmakers, Northwestern University, and Columbia College. She is also an award-winning playwright, whose work has appeared on such well-known stages as the McCarter Theater at Princeton University and the Denver Center for the Performing Arts.