



Creative Strength Training: Prompts, Exercises and Personal Stories for Encouraging Artistic Genius

Jane Dunneward

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Discover a Deeper Connection to Your Artist Self!

Artists and athletes alike benefit from strength training. Building creative stamina takes encouragement, mentoring, and regular practice. In *Creative Strength Training*, you'll discover powerful strategies that combine writing and hands-on art-making to overcome creative stumbling blocks, develop a unique voice and make creating art a regular habit.

- Overcome resistance while dismantling "the Committee" (that group of inner critics).
- Explore 10 exercises for making art that stands apart as uniquely yours.
- Receive support and inspiration from contributing artists who share how each chapter has improved their practice and helped them evolve.

Begin a fresh approach to your creative practice. Begin building stamina today with *Creative Strength Training*!

"In a world of bookshelves lined with self-help guides to overhauling ourselves, Jane Dunnewold gives us, instead, a way to discover ourselves. *Creative Strength Training* is a gift to the artist just starting out, and a powerful resource for those of us who feel like we may have grown stale." --**Mary Fisher**, artist and AIDS activist

"Jane's approach will resonate with anyone who has ever been stymied in his or her attempt to be original and creative. She guides readers on a journey of self-discovery to seek the core of the creative spirit. This newfound self-awareness and confidence is sure to unleash brand new avenues of creativity for those who read this important new work." --**Maureen Hendricks**, owner of Gateway Canyons Resort, home of Alegre Quilt Retreat

"Jane Dunnewold's approach to the creative process is as refreshing as it is realistic--building stamina means making your art a priority. This method feels at once personal and prolific--a must-have for anyone looking to push his/her boundaries." --**Joe Pitcher**, founder of textileartist.org

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This Creative Strength Training: Prompts, Exercises and Personal Stories for Encouraging Artistic Genius is great guide for you because the content and that is full of information for you who all always deal with world and also have to make decision every minute. This specific book reveal it details accurately using great manage word or we can declare no rambling sentences inside. So if you are read the idea hurriedly you can have whole information in it. Doesn't mean it only provides straight forward sentences but difficult core information with attractive delivering sentences. Having Creative Strength Training: Prompts, Exercises and Personal Stories for Encouraging Artistic Genius in your hand like obtaining the world in your arm, info in it is not ridiculous just one. We can say that no book that offer you world with ten or fifteen tiny right but this guide already do that. So , this is good reading book. Hello Mr. and Mrs. busy do you still doubt that will?

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