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# On Becoming An Artist Reinventing Yourself Through Mindful Creativity

## Ellen J Langer

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**By Ellen J Langer On  
Becoming an Artist:  
Reinventing ...**

On Becoming an Artist:  
Reinventing Yourself  
Through ...

Forget everything you  
thought was required about  
becoming an artist. In this  
provocative book, On  
Becoming an Artist:  
Reinventing Yourself  
Through Mindful  
Creativity, Langer invites  
the reader to question their  
preconceived ideas of what  
it takes to be an artist. She  
espouses that the reader  
throw out the rules and the  
fear along with it. The first  
step to becoming an artist  
is to just begin!

On Becoming an Artist:  
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On Becoming An Artist  
Reinventing

All it takes to become an artist is to start doing art. Backed by her landmark scientific work on mindfulness and artistic nature, bestselling author and Harvard psychologist Ellen J. Langer shows us that creativity is not a rare gift that only some special few are born with, but rather an integral part of everyone ' s makeup.

*On Becoming an  
Artist: Reinventing  
Yourself Through*

...

On Becoming an  
Artist: Reinventing

Yourself Through  
Mindful Creativity  
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"All it takes to become an artist is to start doing art."-from On Becoming an Artist  
On Becoming an Artist is loaded with good news. Backed by her landmark scientific work on mindfulness and artistic nature, bestselling author and Harvard psychologist Ellen J. Langer shows us

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that creativity is not  
*On Becoming an Artist: Reinventing Yourself Through ...*

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On Becoming an Artist is loaded with good news. Backed by her landmark scientific work on mindfulness and artistic nature, bestselling author and Harvard psychologist Ellen

J. Langer shows us that creativity is not a rare gift that only some special few are born with, but rather an integral part of *On Becoming an Artist: Reinventing Yourself Through ...* Forget everything you thought was required about becoming an artist. In this provocative book, *On Becoming an Artist: Reinventing Yourself Through Mindful Creativity*, Langer invites the reader to question their preconceived ideas of what it takes to be an artist. She espouses that the reader throw out the rules and the fear along with it. The first step to becoming an artist is to just begin!  
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