

The Van Gogh Blues Creative Persons Path Through Depression Eric Maisel

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Affirmations for Artists Mango Media Inc. This title is one in a series presenting four masterpieces by four immortal nineteenth-century French painters. Each miniature book faithfully reproduces its title painting on the front cover, and is packaged in a handsome slipcase that doubles as a picture frame. The frame can stand up on a desk or tabletop or be hung on the wall to display the book cover's striking painting. Each book's interior discusses its title painting, describing the artist's approach to his work, analyzing the picture's fine points, and showing close-up details from the painting. A final two-page spread presents a timeline capsule biography that lists significant events in the painter's life. Van Gogh--Starry Night shows and discusses Vincent Van Gogh's masterpiece, which is a mystically glowing nighttime landscape, and ranks today as one of the artist's most popular and beloved paintings.

Touched with Fire New World Library

Creative people will experience depression — that's a given. It's a given because they are regularly confronted by doubts about the meaningfulness of their efforts. There is a kind of depression that does not respond to pharmaceutical treatment. What's required is healing in the realm of meaning. In this groundbreaking book, Eric Maisel teaches creative people how to handle these recurrent crises of meaning and how to successfully manage the anxieties of the creative process. Using examples both from the lives of famous creators such as van Gogh and from his own creativity coaching practice, Maisel explains that despite their inevitable difficulties, creative people possess the ability to forge relationships, repair themselves, and find meaning in their work and their lives. Maisel presents a step-by-step plan to help creative people handle their special brand of depression and rediscover the reasons they are driven to create in the first place.

The Musician's Way : A Guide to Practice, Performance, and Wellness New World Library

Many of the difficult people you encounter in daily life can be avoided, but what if they're family members? What if the difficult person is a parent, a sibling, one of your children, or your mate? In *Overcoming Your Difficult Family*, life coach and retired family therapist Eric Maisel offers useful strategies for dealing with the people you're connected to for life, even when they are not cooperative. Dr. Maisel tackles the problematic aspects of families, describing eight vital skills to help you cope with challenging relationships. The book also serves as a unique "field guide" to common types of dysfunctional families — authoritarian families, anxious families, addicted families, and more — and how to thrive despite those dynamics. By following Dr. Maisel's battle-tested advice, you'll learn to maintain inner peace in the midst of family chaos and create a better life for your whole family.

Xavier Marx and the Missing Masterpieces Wave Books

It's true: a mind is a terrible thing to waste. Yet that's what we do when we spend our weekend — and neurons — reliving workplace squabble, spend a family visit chewing over childhood issues, or spend hours beating ourselves up when someone brings one of our own long-held (but never worked on) ideas to fruition. This kind of obsessing gets us, like a hamster on a wheel, nowhere. But as noted creativity expert Eric Maisel asserts, obsessing productively leads to fulfillment rather than frustration. A productive obsession, whether an idea for a novel, a business, or a vaccine, is chosen deliberately and pursued with determination. In this provocative, practical guide, Maisel coaches you to use the tendency to obsess to your creative advantage, fulfilling both your promise and your promises to yourself.

Bluets New World Library

Learn the #1 Secret of the Most Successful Pros: Daily Practice Eric Maisel knows from experience and observation that the single most crucial element of success for any endeavor is a regular, daily practice. Dr. Maisel, a preeminent creativity coach, therapist, and acclaimed author, shows how and why to implement a daily practice and addresses common challenges. His experience working with bestselling writers, entrepreneurs, musicians, actors, visual artists, recovering addicts, and rehabilitation patients shows as he outlines various ways to approach a daily practice and goes on to help you build a version of this important discipline that suits your life and goals. Real-world stories and practical examples will help you make measurable progress and build satisfaction in your most cherished pursuits.

Redesign Your Mind Anne Schwartz Books

Employing anecdotes and real-life case studies, a renowned therapist explains how he has helped people achieve their true creative potential by pushing past everyday resistance, restoring lost meaning, recovering from dashed hopes, and more.

Wild Ideas Penguin

When shy Xavier goes on a field trip to an art museum, all he wants to see is Vincent van Gogh's "The Starry Night." But suddenly the museum's masterpieces go missing and Xavier must come out of his shell to figure out where the paintings went, who took them, and why. This fun mystery delights, as its whimsical rhymes and joyous pictures take the reader on a dazzling journey of discovery. Proudly featuring art from children around the world, this book is a treat for all ages. Children, parents, and teachers will love this adventurous story! Get ready to let your curiosity soar as you join Xavier to solve this mystery. The cherry on top is a real-life treasure hunt hidden within the book's pages. Who will be the first to discover the real-world location where a treasure awaits and claim the \$10,000 prize? This treasure hunt benefits the International Child Art Foundation and proudly features art from child artists around the world.

Unleashing the Artist Within Routledge

An artist's unique voice is their calling card. It's what makes each of their works vital and particular. But developing such singular artistry requires effort and persistence. Bestselling author, artist, and illustrator Lisa Congdon brings her expertise to this guide to the process of artistic self-discovery. Featuring advice from Congdon herself and interviews with a roster of established artists, illustrators, and creatives, this one-of-a-kind book will show readers how to identify and nurture their own visual identity, navigate the influence of artists they admire, push through fear and insecurity, and appreciate the value of their personal journey.

Art Masterclass with Claude Monet Random House

These card decks can be used in a number of ways. For guidance - shuffle a deck and pick the card you need at that given moment. Or arrange them in a meaningful order and do one exercise a day for 30 days. Or find a favourite exercise that speaks particularly to you and repeat it until you feel you've take it to heart and then go on to another.

Coaching the Artist Within Penguin

Whatever you do, says Dr. Eric Maisel, creativity helps you do it better. Creativity encourages the artist to paint more frequently and authentically. It allows a busy executive to see her options more quickly, make changes more fluidly, and become more self-directing and confident. In this book, America's foremost expert on the psychological side of the creative process presents a complete one-year plan for increasing and unleashing your creativity. It includes two discussions/exercises per week, and culminates in a guided project of your choice—from working on a current novel or symphony to planning a new home business or becoming a more effective supervisor.

Why Smart People Hurt New World Library

Informed by clinical case studies, scientific research, and relevant theories, *Counseling for Artists, Performers, and Other Creative Individuals* takes an in-depth look at the ways creative traits, the arts and entertainment industries, and mental health interact. This hands-on guide examines many of the issues that afflict creative populations, such as performance anxiety, psychiatric disorders, and occupational stress, with a nuanced understanding of the roles that creativity and the arts play in the lives of these individuals. Each chapter provides examples of specific goals and interventions for clinical practice, including additional space for clinicians to write down ideas tailored to their clients' unique needs. This is essential reading for practitioners looking to treat creative clients' psychological difficulties with insight and sensitivity.

The First Starry Night Oxford University Press, USA

Cat lovers will have fun coloring these "purr"fectly playful pets! Drawn in Angela Porter's creative, entangled style, these 31 illustrations feature cute kitties in teacups, peering out of paper bags, chasing butterflies, and playing with toy mice as well as lots of fanciful felines happily napping.

All the Blues Come Through Courier Dover Publications

Creative people will experience depression--that's a given. It's a given because they are regularly confronted by doubts about the meaningfulness of their efforts. There is a kind of depression that does not respond to pharmaceutical treatment. What's required is healing in the realm of meaning. In this groundbreaking book, Eric Maisel teaches creative people how to handle these recurrent crises of meaning and how to successfully manage the anxieties of the creative process. Using examples both from the lives of famous creators such as van Gogh and from his own creativity coaching practice, Maisel explains that despite their inevitable difficulties, creative people possess the ability to forge relationships, repair themselves, and find meaning in their work and their lives. Maisel presents a step-by-step plan to help creative people handle their special brand of depression and rediscover the reasons they are driven to create in the first place.

Brainstorm Courier Dover Publications

Using examples of famous (Vincent Van Gogh, Fyodor Dostoyevsky) and not so famous artists and creative people who have struggled with depression, Dr Maisel shows what lessons can be learned from them and how depression can be harnessed and put to creative use. His four-step, non-pharmaceutical treatment plan offers insights for anyone involved in the creative process and

legitimizes for many creative people suffering from depression their own instinctive feeling that standard treatments are not the whole answer.

The Van Gogh Blues Charlesbridge Publishing

With her smart and playful writing, debut author Metra Farrari cleverly blends chick-lit with a dash of Greek mythology—the product a winning combination of smart-alecky wit, dreamy escapism, and a quirky yet lovable heroine. Ryan Bell is your typical millennial: surviving on a diet of wine and Netflix, woefully single enough to qualify for cat-lady membership, and renting from a seventy-something Tinder-swiping landlord-turned-bestie. But underneath her chipped-off manicure lies a green thumb that has created miraculous flowers capable of saving mankind from cataclysmic climate change. There's one problem: Only Ryan can grow them. An unusual audience comes to an unorthodox conclusion: Ryan is the heir of the Greek god Artemis. Although Ryan thinks these strange, toga-wearing folks are one kalamata olive short of a Greek salad, she reluctantly enters a hidden world where the Olympians are real and magic flows freely (plus a generous serving of Greek hunks). Talk about one epic identity crisis. Magical demigod or not, the fate of civilization—both mortal and godly—now rests on Ryan's shoulders.

Creative Haven Spring Scenes Coloring Book Wesleyan University Press

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.

The Power of Daily Practice Penguin

The compelling story of how Vincent van Gogh developed his audacious, iconic style by immersing himself in the work of others, featuring hundreds of paintings by Van Gogh as well as the artists who inspired him—from the New York Times bestselling co-author of *Van Gogh: The Life* — Important . . . inspires us to look at Van Gogh and his art afresh. —Dr. Chris Stolwijk, general director, RKD — Netherlands Institute for Art History Vincent van Gogh's paintings look utterly unique—his vivid palette and boldly interpretive portraits are unmistakably his. Yet however revolutionary his style may have been, it was actually built on a strong foundation of paintings by other artists, both his contemporaries and those who came before him. Now, drawing on Van Gogh's own thoughtful and often profound comments about the painters he venerated, Steven Naifeh gives a gripping account of the artist's deep engagement with their work. We see Van Gogh's gradual discovery of the subjects he would make famous, from wheat fields to sunflowers. We watch him experimenting with the loose brushwork and bright colors used by Édouard Manet, studying the Pointillist dots used by Georges Seurat, and emulating the powerful depictions of the peasant farmers painted by Jean-François Millet, all vividly illustrated in nearly three hundred full-color images of works by Van Gogh and a variety of other major artists, including Claude Monet, Paul Gauguin, and Henri de Toulouse-Lautrec, positioned side by side. Thanks to the vast correspondence from Van Gogh to his beloved brother, Theo, Naifeh, a Pulitzer Prize winner, is able to reconstruct Van Gogh's artistic world from within. Observed in eloquent prose that is as compelling as it is authoritative, *Van Gogh and the Artists He Loved* enables us to share the artist's journey as he created his own daring, influential, and widely beloved body of work.

The Art of the Book Proposal Vintage

Award-winning author Liz Garton Scanlon presents a young, rhythmic read-aloud about a girl who solves a windy problem with an environmentally sound solution: planting trees. A wild wind blows on the tippy-top of a steep hill, turning everything upside down for the man who lives there. Luckily, Kate comes up with a plan to tame the wind. With an old wheelbarrow full of young trees, she journeys up the steep hill to add a little green to the man's life, and to protect the house from the howling wind. From award-winning author Liz Garton Scanlon and whimsical illustrator Lee White comes a delightfully simple, lyrical story about the important role trees play in our lives, and caring for the world in which we live. Praise for *Bob, Not Bob* by Liz Garton Scanlon: "This is read-aloud gold!" --Publishers Weekly, Starred Praise for *All the World* by Liz Garton Scanlon: "A sumptuous and openhearted poem . . . (that) expresses the philosophy early readers most need to hear: there's humanity everywhere." --The New York Times

Reading Vincent van Gogh Courier Dover Publications

Overflowing with charm and picturesque illustrations, these 31 ready-to-color pictures feature beautiful country and seaside scenes, fairy-tale cottages, lush gardens, decorative storefronts, and lovely café settings.

The Van Gogh Blues Tarcher

In *The Musician's Way*, veteran performer and educator Gerald Klickstein combines the latest research with his 30 years of professional experience to provide aspiring musicians with a roadmap to artistic excellence. Part I, *Artful Practice*, describes strategies to interpret and memorize compositions, fuel motivation, collaborate, and more. Part II, *Fearless Performance*, lifts the lid on the hidden causes of nervousness and shows how musicians can become confident performers. Part III, *Lifelong Creativity*, surveys tactics to prevent music-related injuries and equips musicians to tap their own innate creativity. Written in a conversational style, *The Musician's Way* presents an inclusive system for all instrumentalists and vocalists to advance their musical abilities and succeed as performing artists.