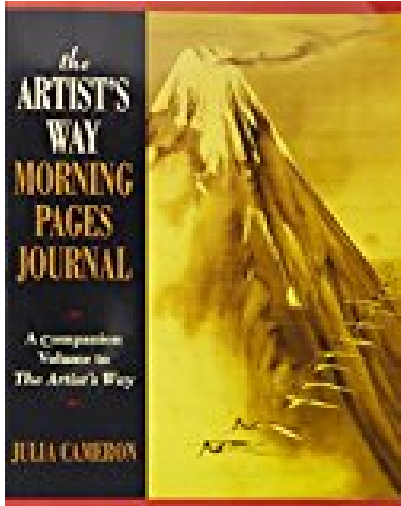


The Artists Way Morning Pages Journal A Companion Volume to the Artists Way



BOOK DETAILS

- Author : Julia Cameron
- Pages : 288 Pages
- Publisher : TarcherPerigee
- Language : English
- ISBN : 0874778867

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BOOK SYNOPSIS

Elegantly repackaged, The Morning Pages Journal is one of The Artists Ways most effective tools for cultivating creativity, personal growth, and change. Now more compact and featuring spiral binding to make for easier use, these Morning Pages invite you to do three pages daily of longhand writing, strictly stream-of-consciousness, which provoke, clarify, comfort, cajole, prioritize, and synchronize the day at hand. This daily writing, coupled with the twelve-week program outlined in The Artists Way, will help you discover and recover your personal creativity, artistic confidence, and productivity. The Artists Way Morning Pages Journal includes an introduction by Julia Cameron, complete instructions on how to use the Morning Pages and benefit fully from their daily use, and inspiring quotations that will guide you through the process.

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