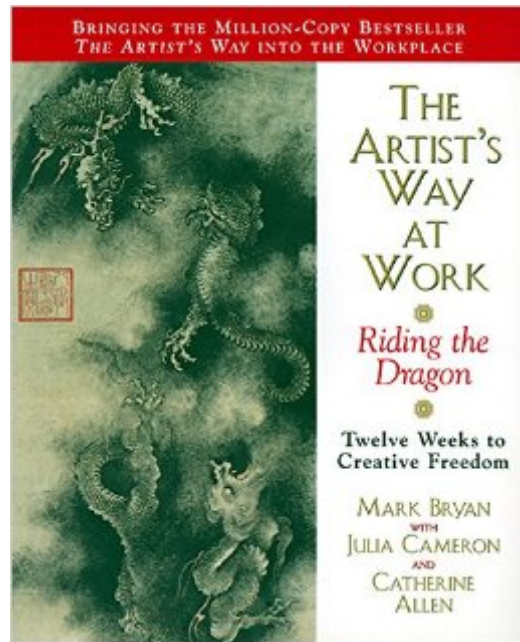


The book was found

The Artist's Way At Work: Riding The Dragon



Synopsis

After the publication of the bestselling book *The Artists' Way*, Julia Cameron and Mark Bryan, co-creators of the country's most successful course on creativity, were often told that their techniques helped people achieve their business goals. This spurred them to refine the methods to help people perform more creatively and effectively at work. The program is revealed in *The Artists' Way at Work*: a twelve-week encounter with your own ingenuity, struggles, strengths and dreams -- as well as the practical guidance to enable you to get things done. Through powerful self-assessment exercises with intriguing titles such as "Power Inside vs. Power Outside," "Developing Creative Continuity," and "Finding Your Truth," readers learn to release their creative spirit at work and tap reserves of energy, vision, and passion. *The Artists' Way at Work* will help you excel in your job, launch the business of your dreams, or find the career you love. Best of all, you will learn to "live in the paradox" -- to develop a personal philosophy of excellence that sustains you, whatever the future holds. The processes in this book are rooted in cutting-edge principles of human development, organizational behavior, and the arts. They have been rigorously tested among business audiences and will unleash a degree of satisfaction at work (and in life) you may never have believed possible. For every one of us who works, *The Artists' Way at Work* reveals a completely new way to thrive.

Book Information

Paperback: 304 pages

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Product Dimensions: 7.5 x 0.8 x 9.2 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 stars [See all reviews](#) (36 customer reviews)

Best Sellers Rank: #122,765 in Books (See Top 100 in Books) #148 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Creativity & Genius](#) #471 in [Books > Self-Help > Creativity](#) #660 in [Books > Business & Money > Job Hunting & Careers > Guides](#)

Customer Reviews

If you've read the Artist's way, this book will seem very familiar. However, don't stop there. The different flavor of this book makes it worth pursuing in addition to the Artist's way. I went through the

Artist's way book and then took a 4 week hiatus and then jumped into this one. I have been doing morning pages for over 6 months now. They have value to me, even more than the 45 minutes of sleep, I give up each day for them. This book is strongly geared toward the working world. As with the Artist's way book morning pages and time-outs are necessary to help you work through these and other issues. In addition this book is arranged in a similar weekly sequence with exercises and a weekly check in.

PUTS THE PEOPLE YOU WORK WITH IN PERSPECTIVE: This book unlike the Artist's way, deals with personal interaction not just personal creativity. Let's face it we all work with people and how we relate to them does influence our ability to get the job done. As the Artist's way does, it also recognizes there are certain people (crazy makers) that complicate our lives, there are also personality types and roles we all play in any interaction. This book gives great tips on how to recognize these and work with them.

IDENTIFIES WHAT MIGHT BE SLOWING YOU DOWN AT WORK: Similarly, with working with people, we have priorities to adjust and readjust. If we are stuck in a point in our career, maybe these need adjusting. This book if you objectively do the exercises helps us understand where some or road blocks might be. Sometimes we are the road block.

IN GENERAL LIKE THE ARTIST'S WAY, THIS BOOK LEADS YOU TO EXAMINE YOUR LIFE For the most part the Artist's way presses the reader to examine what they want out of life and how they can get there.

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