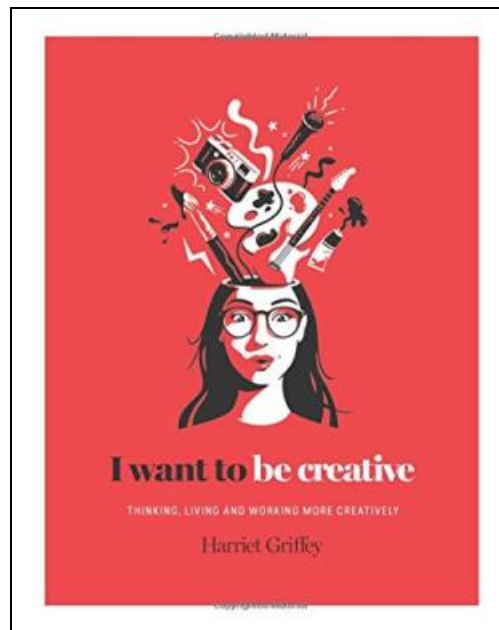


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Hardie Grant Books (UK), United Kingdom, 2018. Hardback. Condition: New. Hardback. Language: English . Brand New Book. Whether you re a creative professional or an aspiring amateur, everyone can benefit from being more inventive in their daily lives. In I Want to be Creative, Harriet Griffey collates core ideas and exercises expressly devised to get your creative juices flowing. Creativity is an expression of yourself and the way in which you choose to live your life. You can express your creativity in all sorts of ways, from the way you dress to what you cook, to the books you read and the music you listen to. Being creative lets you explore what can be difficult to express, our emotions for example, perhaps through art, music or creative writing. Nourishing your creativity can also help you to think outside of the box when handling problems and finding solutions, allowing you see the world in more than one way. I Want to be Creative includes a range of simple and adventurous solutions, exercises for creating daily doodles, advice on how to break through the dreaded artist s block, free association exercises and tips and tricks to finding inspiration on your daily commute. Harriet Griffey provides a practical guide to promoting and maintaining a creative mind that will help you discover the power of imagination at work, home and play.



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