



Insanely Gifted: Turn Your Demons into Creative Rocket Fuel

By Jamie Catto

Canongate Books, 2017. Soft cover. Condition: New. It's time to unleash your genius From infancy we are taught to edit ourselves, trimming out the darker, weirder, less acceptable parts in order to please others. But this addiction to approval is holding us back. What if we dare to be our real selves, honestly and fully? Insanely Gifted is full of techniques and games to transform our thinking and turn our inner demons into allies. Jamie Catto, creative force behind Faithless and 1 Giant Leap, and leader of personal development workshops for more than a decade, teaches us to better know our deepest instincts - and unlock our true power.



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