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The Artists Way Morning Pages Journal: Deluxe Edition

By Julia Cameron

TarcherPerigee. Hardcover. Condition: New. 304 pages. Dimensions: 9.0in. x 7.0in. x 0.8in. Without The Artists Way, there would have been no Eat, Pray, Love. Elizabeth Gilbert Now with spiral binding and a smaller trim size to make for easier use, this journal has been repackaged for the 25th anniversary of The Artists Way. The Artists Way Morning Pages Journal is your personal gateway to one of The Artists Ways most effective tools for cultivating creativity, personal growth, and change. Morning Pages are pages 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. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Hardcover.



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