

# ON BECOMING AN ARTIST

Reinventing  
Yourself  
Through  
Mindful  
Creativity



ELLEN J. LANGER

*Author of Mindfulness*

*"An artful blend of psychological research and personal reflection that illuminates human creativity." —HOWARD GARDNER, author of Creating Minds*

# On Becoming An Artist Reinventing Yourself Through Mindful Creativity

**Ellen J. Langer**



## **On Becoming An Artist Reinventing Yourself Through Mindful Creativity:**

**On Becoming an Artist** Ellen J. Langer, 2007-12-18 All it takes to become an artist is to start doing art from On Becoming an Artist On Becoming an Artist is loaded with good news Backed by her landmark scientific work on mindfulness and artistic nature bestselling author and Harvard psychologist Ellen J Langer shows us that creativity is not a rare gift that only some special few are born with but rather an integral part of everyone s makeup All of us can express our creative impulses authentically and uniquely and in the process enrich our lives Why then do so many of us merely dream of someday painting someday writing someday making music Why do we think the same old thoughts harbor the same old prejudices stay stuck in the same old mud Who taught us to think inside the box No one is more qualified to answer these questions than Dr Langer who has explored their every facet for years She describes dozens of fascinating experiments her own and those of her colleagues that are designed to study mindfulness and its relation to human creativity and she shares the profound implications of the results for our well being health and happiness Langer reveals myriad insights among them We think we should already know what only firsthand experience can teach us In learning the ways that all roses are alike we risk becoming blind to their differences If we are mindfully creative the circumstances of the moment will tell us what to do Those of us who are less evaluatively inclined experience less guilt less regret less blame and tend to like ourselves more Uncertainty gives us the freedom to discover meaning Finally what we think we re sure of may not even exist With the skill of a gifted logician Langer demonstrates exactly how we undervalue ourselves and undermine our creativity By example she persuades us to have faith in our creative works not because someone else approves of them but because they re a true expression of ourselves Her high spirited challenging book sparkles with wit and intelligence and inspires in us an infectious enthusiasm for our creations our world and ourselves It can be of lifelong value to everyone who reads it [A Mindful Approach to Team Creativity and Collaboration in Organizations](#) Melinda J. Rothhouse, 2020-08-17 This book examines how contemplative arts practice and a mindful approach to creativity can be used to offer new possibilities for facilitating team creativity and collaboration in organizational settings The author employs a qualitative action research paradigm using arts based and ethnographic methods to explore the perceived effects of a contemplative arts workshop process on team creativity and collaboration within an organization The book demonstrates how a contemplative arts workshop process may be used to facilitate mindfulness trust communication collaboration and creative insights among teams and working groups It explores each of these themes in depth and develops a model based on those findings The model includes five elements 1 Individual Level Mindfulness 2 Trust and Authentic Communication 3 Team Cohesion and Collaboration 4 Creative Ideation and Insights and 5 Leadership Creating a Culture of Innovation Combining theory and practice the book offers a series of mindfulness and contemplative arts exercises that facilitators can use to address each of the five levels of the model This book weaves together contemporary psychological research on mindfulness and organizational creativity along with practical

applications and contemplative arts exercises for practitioners and scholars of workplace creativity management and organisational and industrial psychology      **Balance** Sea Change Publishing,2006 In this book you will learn practical real life strategies and techniques from a combination of work life balance experts as well as everyday people who have designed work life balance systems that work      **Mindful Coaching** Liz Hall,2013-04-03 Mindfulness is a way of paying attention to the present moment helping us become more aware of our thoughts and feelings so that instead of being overwhelmed by them we are better able to manage them Mindful Coaching is a comprehensive guide to using mindfulness effectively in coaching It enables coaches to work closely with their clients on a range of issues including work life balance stress management decision making coping with ambiguity dealing with crises employee engagement heightening focus and clarity improving listening and communication and increasing presence Mindful Coaching includes a range of real life examples and practical exercises to enable coaches to become more resilient in their practice something that is of particular importance at a time where coaches are facing increasing challenges in defining clarity in their work      *Mindfulness for a More Creative Life* Danny Penman,2015-10-01 Work deadlines to do lists family commitments pressure to perform Our frantic lives demand so much from us that we can often feel locked into a cycle of frustration anxiety and stress unable to tackle the tasks before us or see a way out of our habitual ways of thinking and doing things Yet there is a way out The simple mindfulness techniques at the heart of this book can help us lead a more creative and productive life one that is isn t governed by the chaotic pace of life They also dissolve anxiety stress and depression while enhancing mental resilience The four week programme takes just 10 20 minutes per day The easy to follow programme works by soothing and clearing your mind allowing innovative ideas to take form and crystallise This helps you to spontaneously see the solution to a problem to conjure up new ideas or to create works that have true insight and flair The programme helps build the courage necessary for you to follow your ideas wherever they should lead and the resilience to cope with any setbacks It will help your mind work more effectively so that you canlive more intuitively and have the inner confidence to drive your ideas forward The accompanying download link contains 6 meditations that you can use to build an ongoing practice mixing and matching meditations to suit your circumstances      **Creative Mindfulness Techniques for Clinical Trauma Work** Corinna M. Costello,2021-09-09 Using evidence based creative mindfulness techniques CMT this book acts as a useful guide for clinical mental health practitioners seeking to build resilience levels in clients recovering from trauma It examines the effectiveness of the CMT approach providing applicable art therapy techniques to enhance the therapist s toolbox for clinical effectiveness Combining a psychodynamic and neurobiological clinical lens this book helps practitioners recognize and utilize creativity in dealing with trauma exposure its cultural considerations and its consequences on the individual family and the system It also provides insights into the neurophysiological impact of mindfulness techniques on the brain Chapters explore the clinician s role in the treatment of trauma wellness and the building of resiliency creativity and alternative approaches to changing

neural pathways positive psychology and more A collection of narrative case studies and guidance for specific activities to be used with diverse clients ensures easy practical usage of the theories explored Clinical mental health practitioners who work with clients suffering from PTSD clinical trauma stress and anxiety will find this book essential Readers may also be interested in *Healing from Clinical Trauma Using Creative Mindfulness Techniques A Workbook of Tools and Applications* which can be used on its own or as a companion to this book

**Called To Be Creative** Mary Potter Kenyon, 2020-09-01 The author of *Expressive Writing for Healing* shows readers how to explore their potential embrace your creative spark and live a more fulfilled life I m not creative I could never do something like that I don t have time to be creative Does any of this sound familiar Do you find yourself wishing that you had pursued your creative talents before it was too late In a world full of creativity there is no such thing as too late *Called to Be Creative* is for anyone looking to reignite that tiny spark inside of them and invite creativity into their lives through simple everyday practices A certified grief counselor and a Program Coordinator for Shalom Spirituality Center Mary Potter Kenyon walks you step by step through the process of exploring your true potential in this inspirational guide to embracing your innate creativity With in depth research from the most notable creative authorities insight from creative pioneers her personal experiences and small activities to kick start your own creative revolution Kenyon offers you everything you need to live a more creative life I devoured this book Each chapter is filled with encouragement and inspiration If you re looking for something to feed your creative soul this is it Debbie Macomber 1 New York Times bestselling author Mary Potter Kenyon skillfully braids together stories about her personal life stories about the lives of people she knows philosophical ideas practical advice current research and interesting and motivating activities for the reader creating something that makes you want to put the book down and start creating something wonderful Doug Shaw author of *Social Nonsense Creative Diversions for Two or More Players*

**Mastery in Coaching** Jonathan Passmore, 2014 Get the best from your clients with these relevant effective psychological coaching techniques

*Holistic Leadership* Satinder Dhiman, 2017-01-11 This book suggests that the solution to the current leadership crisis lies in leaders self cultivation process emanating from their deepest values and culminating in their contribution to the common good Traditional approaches to leadership rarely provide any permeating or systematic framework to garner a sense of higher purpose or nurture deeper moral and spiritual dimensions of leaders Learning to be an effective leader requires a level of personal transformation on the continuum of self spirit and service Synthesizing the best of contemporary approaches to leadership in a holistic manner this book presents a unique model of leadership that is built on the sound principles of Self Motivation Personal Mastery Creativity and Flow Emotional Intelligence Optimal Performance Appreciative Inquiry Authentic Leadership Transformational Leadership Positive Psychology Moral Philosophy and Wisdom Traditions of the world This broadinterdisciplinary approach is well suited to effectively address the multifaceted issues faced by contemporary organizations and leaders It will be of great interest to graduate business and

organizational leadership students and faculty as well as corporate leaders      Library Journal Melvil Dewey, Richard Rogers Bowker, L. Pylodet, Charles Ammi Cutter, Bertine Emma Weston, Karl Brown, Helen E. Wessells, 2005 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately      *Interpersonal Communication* Sarah Trenholm, Arthur Jensen, 2008 Interpersonal Communication introduces students to the core concepts that underpin interpersonal communication in theory and practice Trenholm and Jensen introduce a 5 point model of Communication Competence in chapter one and use it throughout the book to help keep students focused on the key elements of effective communication The book draws it sexamples not only from communication but also from history psychology and anthropology among others giving students a richer understanding of the roots of interpersonal communication Updated throughout special sttention had been paid to bringing more contemporary theory in where relevant expanding the coverage of computer mediated communication all throughout the book and making the book even more accessible by adding pedagogical deatures to aid student comprehension      *Positive Psychology at the Movies* Ryan M. Niemiec, Danny Wedding, 2008 Movies are a powerful and enjoyable medium for learning This book shows how to use film to learn about the concepts and the real life benefits of positive psychology both for self improvement and in classes or seminars      **Imagery in Psychotherapy** Jerome L. Singer, 2006 Guides the practicing clinician or student therapist toward practical applications of imagery in a range of psychodynamic cognitive and behavioral therapies      **University of Arkansas at Little Rock Law Review** ,2013      Body & Soul ,2010      **Book Review Index** ,2006 Every 3rd issue is a quarterly cumulation      The Publishers Weekly ,2005      American Book Publishing Record ,2003      **Encyclopedia of Social Psychology** Roy F. Baumeister, Kathleen D. Vohs, 2007-08-29 The Encyclopedia of Social Psychology is designed as a road map to this rapidly growing and important field and provides individuals with a simple clear jargon free introduction These two volumes include more than 600 entries chosen by a diverse team of experts to comprise an exhaustive list of the most important concepts Entries provide brief clear and readable explanations to the vast number of ideas and concepts that make up the intellectual and scientific content in the area of social psychology      **Becoming a Life Change Artist** Fred Mandell Ph.D., Kathleen Jordan Ph.D., 2010-08-03 The Artist s Way meets What Color is Your Parachute in an innovative approach to reinventing yourself at any stage of life Leonardo da Vinci Monet Picasso and Berthe Morisot are some of the most creative thinkers in history What do these artists have in common with you More than you think if you re looking to tackle a major life transition The skills these artists used to produce their masterpieces are the same abilities required to make successful shifts whether it s finding a new career or a new purpose or calling in life In *Becoming a Life Change Artist* Fred Mandell and Kathleen Jordan share the groundbreaking approach made popular in their workshops across the country There are seven key strengths that the most creative minds of history shared and that anyone rethinking their future can cultivate to change their life effectively Preparing the brain to

undertake creative work Seeing the world and one's life from new perspectives Using context to understand the facets of one's life Embracing uncertainty Taking risks Collaborating Applying discipline As Mandell and Jordan illuminate at its heart making a major life change is a fluid process But armed with these seven key skills anyone can overcome the bumps and obstacles effectively With targeted exercises throughout this is a book for all ages and stages from those looking to transition to a new career to people embarking on retirement Becoming a Life Change Artist sparks the luminous creativity that lies within each of us

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