

Natalia I. Hughson, M. D. Richard T. Hughson

Creativity, Inspiration, Insight



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Artists, writers, scientists, managers, psychologists,

educators, or anyone who creates. Are you looking for inspiration, words, a way to express yourself? Would you like to destroy the myth that creativity is a mysterious gift for only a chosen few. Would you like to know exactly what to do and sooner rather than later? Would you like to find yourself by losing yourself in your art form rather than be derailed by distractions to your real purpose in life? Have you attended classes, workshops, discussion groups, and seminars that had you asking why you were there in the first place. Do you admire the special insights provided by Stephen Hawking and Howard Zinn? Would you like to do the same for your field of interest that they have done for physics and history. If so this is the book for you.

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"Therapy through Creativity" PowerPoint slides for the course entitled *Psychology of Creativity* "Creativity Step-by-Step" CD "Images for Creativity Stimulation" Current-events articles and exercises Library of Congress Cataloging-in-Publication Data

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Preface

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