



Coaching the Artist Within: Advice for Writers, Actors, Visual Artists & Musicians from America's Foremost Creativity Coach

Eric Maisel Ph.D.

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Have you ever wished you had a professional coach who could encourage your creative pursuits, help structure your efforts, and cheer you on? Coaching the Artist Within is the first book to explain the techniques that creativity coaches use to help their clients survive and thrive in the arts. Designed to help any person become more creative, this book offers a complete program for developing the habits that make creating an everyday routine. The book's twelve lessons and numerous exercises are at once inspiring, practical, and fun. To spice up the lessons, Eric Maisel shares anecdotes about his clients, including painters, actors, screenwriters, novelists, dancers, and poets. Best of all, Coaching the Artist Within will teach you to be your own coach, and the results will transform your relationship with the creative process.

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