

Artists Way-inspired teacher and acclaimed workshop leader Jill Badonsky shows how to unblock creativity and awaken the muses of imagination and inspiration in this unique guide to self-expression. Combining the whimsical and spiritual appeal of SARK with the concrete step-by-step approach of The Artists Way, The Nine Modern Day Muses (and a Bodyguard) presents a fresh approach toward accessing your creativity, and is designed specifically for our frazzled and time-sensitive era. Creativity coach Jill Badonsky takes the nine classical Greek Muses and updates them for our time. Along with a little help from their no-nonsense bodyguard, Arnold, they personify ten principles designed to overcome creative blocks and embrace the wonders of self-expression. The Modern Day Muses and the Bodyguard are actually ten powerful creative concepts complete with the tools to make them practical and applicable to any creative endeavor... including thinking. With each Muse you receive the following: o Empowering exercises to awaken creativity o Brainstorming o Muse rituals to inspire trust and confidence o Muse themed walks o Spiritual affirmations o Quotes o Journaling and much more. This entertaining, inspirational, and practical book is an indispensable handbook for the twenty-first-century seeker.

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