

# Coaching The Artist Within Advice For Writers Actors Visual Artists And Musicians From Americas Foremost Creativity Coach Eric Maisel

Best SelfThe Art of SingingCreative RecoveryWhy Smart People HurtThe Artist's Guide to Grant WritingThanks for the FeedbackRethinking DepressionMastering Creative AnxietyThe ONE ThingI Am a Professional ArtistChanging the GameInside Creativity CoachingLife Purpose Boot CampBe, Awake, CreateThe Art of CoachingA Life-coaching Approach to Screen ActingThe Hero Is YouDeep WritingThe Man's Guide to WomenThe Power of Daily PracticeThe Kick-Ass WriterDo More Great WorkUnleashing the Artist WithinThe Art of War (Illustrated)Affirmations for ArtistsLaunching Your Art CareerCreativity for LifeArtist Management for the Music BusinessTen Zen SecondsThe Creativity BookA Writer's SpaceDragon HoopsMaking Your Creative MarkCoaching the Artist WithinBluefishingThe Professor Is InLiving the Writer's LifeBeyond TalentFearless CreatingThe Creativity Workbook for Coaches and Creatives

## Best Self

Drawing on ten years of working with businesses, nonprofits, governments, and families, the authors combine the latest insights from neuroscience and psychology with practical advice to explain how to turn feedback into productive listening and learning.

## The Art of Singing

The journey to become a successful writer is long, fraught with peril, and filled with difficult questions: How do I write dialogue? How do I build suspense? What should I know about query letters? Where do I start? The best way to answer these questions is to ditch your uncertainty and transform yourself into a KICK-ASS writer. Chuck Wendig will show you how with an explosive broadside of gritty advice that will destroy your fears, clear the path, and help you find your voice, your story, and your audience. You'll explore the fundamentals of writing, learn how to obtain publication.

## Creative Recovery

"The Artist's Way for the twenty-first century." —Nancy Coleman, PhD, clinical psychologist, writer, facilitator, and teacher Settle your mind, connect with the moment, and unleash your creativity with this unique and mindful art journal. In our demanding, fast-paced culture, it's increasingly important to find ways to decompress and recuperate from the busyness and stress of life. More and more, mindfulness and creativity are being recognized as antidotes to the speed and

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overstimulation of modern society. This beautiful book combines the two, offering both creative and meditative practices to provide a guided journey into contemplative art for healing, relaxation, deeper connection, and greater well-being. Rather than focusing on any one medium or art form, this unique guide offers basic meditation instructions, and a variety of creative prompts and activities—from collage and coloring to meditative mark making and sketching to photography and perceptual exercises—making it perfect for anyone who wants to deepen and cultivate their mindfulness and creativity. With these artistic and introspective practices, you'll put meditation into action, and learn to view yourself and your own creative process without judgment or aggression. Using *Be, Awake, Create*, you'll see beyond habitual patterns, discover the richness of your world, and recognize the ordinary magic of your own creativity, with greater freshness of expression and spontaneity. By cultivating awareness and allowing yourself to play in the open space of artistic creation, you'll come to discover all of the positive impacts mindfulness and creativity can have on every area of your life.

### **Why Smart People Hurt**

Discusses the creativity process and the difficulties writers may encounter, including rejection, writer's block, and self-promotion

### **The Artist's Guide to Grant Writing**

Designed for professional and aspiring artists and writers, a guide based on the author's acclaimed "Grant Writing for Success" workshops shares comprehensive information for navigating the increasingly competitive grant-funding process to write savvy grant proposals, in a volume complemented by practice worksheets. Original.

### **Thanks for the Feedback**

Blending Eastern principles of breath awareness and mindfulness with Western principles of positive psychology, these powerful but easy to learn meditative incantations offer an antidote to stress, procrastination, and anxiety.

### **Rethinking Depression**

Combining life-coaching and screen-acting tools and techniques in one accessible handbook, this guide empowers actors to overcome personal inhibitions and approach their work, characters and careers with the assuredness to produce powerful, real and believable acting on screen. Structured to build confidence and understanding of yourself before you take on the role of someone else, this book offers the tools and techniques to give you the necessary conviction and self-assurance to

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perform uninhibited. Dresner then examines essential elements of a screen actor's craft, such as emotions, imagination, nerves, focus, listening, improvisation and line-learning. Published in partnership with The Actor's Centre, the book includes online videos of coaching sessions with professional actors and is ideal for readers and teachers looking to replicate the method in their own training.

### **Mastering Creative Anxiety**

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.

### **The ONE Thing**

The Art of War (孙子兵法), literally The Laws of War (military methods) by Master Sun is the most famous ancient Chinese treatise, dedicated to a military strategy and policy, written by Sun Tzu. As Sun Tzu said the art of war is of vital importance to the State. The treatise by Sun Tzu influenced crucially on a whole military art of the East. Although it is the first treatise on the military art, it includes clearly expressed common principles of strategy as well as tactics. A special place in a military theoretical literature belongs to comments on Sun Tzu, the earliest of which appeared in the Han era (206-220 AD), and the new ones are still being created Illustrated by D. Fisher.

### **I Am a Professional Artist**

The definitive career guide for grad students, adjuncts, post-docs and anyone else eager to get tenure or turn their Ph.D. into their ideal job Each year tens of thousands of students will, after years of hard work and enormous amounts of money, earn their Ph.D. And each year only a small percentage of them will land a job that justifies and rewards their investment. For every comfortably tenured professor or well-paid former academic, there are countless underpaid and overworked adjuncts, and many more who simply give up in frustration. Those who do make it share an important asset that separates them from the pack: they have a plan. They understand exactly what they need to do to set themselves up for success. They know what really moves the needle in academic job searches, how to avoid the all-too-common mistakes that sink so

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many of their peers, and how to decide when to point their Ph.D. toward other, non-academic options. Karen Kelsky has made it her mission to help readers join the select few who get the most out of their Ph.D. As a former tenured professor and department head who oversaw numerous academic job searches, she knows from experience exactly what gets an academic applicant a job. And as the creator of the popular and widely respected advice site The Professor is In, she has helped countless Ph.D.'s turn themselves into stronger applicants and land their dream careers. Now, for the first time ever, Karen has poured all her best advice into a single handy guide that addresses the most important issues facing any Ph.D., including: -When, where, and what to publish -Writing a foolproof grant application -Cultivating references and crafting the perfect CV -Acing the job talk and campus interview -Avoiding the adjunct trap -Making the leap to nonacademic work, when the time is right The Professor Is In addresses all of these issues, and many more.

### **Changing the Game**

A nationally recognized psychotherapist and creativity consultant shows writers how to overcome psychological blocks in order to create with passion, power, and ease.

### **Inside Creativity Coaching**

As a therapist and creativity coach, Eric Maisel has worked with thousands of creative people. He knows firsthand the struggles that writers, musicians, artists, dancers, and actors face and has helped them find balance in their lives while pursuing their artistic endeavors. His new book presents a comprehensive approach to the much-misunderstood life of the artist. Creativity for Life offers practical ideas as well as exercises and inspiration to nurture growth as an artist and as a person, exploring such subjects as: Establishing your creativity practice Obscurity and stardom Blocks The artist's personality Moods and madness Artists in love Craft The rewards and perils of isolation Social interactions and community

### **Life Purpose Boot Camp**

In his latest graphic novel, Dragon Hoops, New York Times bestselling author Gene Luen Yang turns the spotlight on his life, his family, and the high school where he teaches. Gene understands stories—comic book stories, in particular. Big action. Bigger thrills. And the hero always wins. But Gene doesn't get sports. As a kid, his friends called him "Stick" and every basketball game he played ended in pain. He lost interest in basketball long ago, but at the high school where he now teaches, it's all anyone can talk about. The men's varsity team, the Dragons, is having a phenomenal season that's been decades in the making. Each victory brings them closer to their ultimate goal: the California State Championships. Once Gene gets to know these young all-stars, he realizes that their story is just as thrilling as anything he's seen on a comic

book page. He knows he has to follow this epic to its end. What he doesn't know yet is that this season is not only going to change the Dragons's lives, but his own life as well.

## **Be, Awake, Create**

Whatever you do, says Dr. Eric Maisel, creativity helps you do it better. Creativity encourages the artist to paint more frequently and authentically. It allows a busy executive to see her options more quickly, make changes more fluidly, and become more self-directing and confident. In this book, America's foremost expert on the psychological side of the creative process presents a complete one-year plan for increasing and unleashing your creativity. It includes two discussions/exercises per week, and culminates in a guided project of your choice—from working on a current novel or symphony to planning a new home business or becoming a more effective supervisor.

## **The Art of Coaching**

(Vocal Instruction). Singers of every age, level, and musical genre will benefit from this insightful new book. Topics include: Finding the Voice That Was Never Lost \* Language \* Learning \* The Brain in Singing \* Fear and the Psychology of Singing \* Putting Theory into Practice (the physiology and technique of singing). Performers of all ages and abilities will gain valuable insight into the mechanics, psychology and physiology of singing. The accompanying audio in Jennifer's own voice captures a conversation about her approach and ideas, as well as exercises that will help you discover and develop your true and best instrument.

## **A Life-coaching Approach to Screen Acting**

For writers, artists, musicians, and creators in every field, this book offers a complete addiction recovery program specifically designed for the creative person. Full of explanations and exercises, this book presents ways to use your own innate creative abilities in service of your recovery and at each stage of the recovery process. Topics include: the biological and developmental risks unique to creative people; the special personality traits that can inform the recovery process; ways to approach your recovery much like your art; and exercises that promote your creativity and art that aid the recovery process. This book gives a clear picture of the relationship between creativity and addiction and lays out a complete program so that you can live a fully creative and addiction-free life. To find out more about one of the authors, visit his website: [www.ericmaisel.com](http://www.ericmaisel.com).

## **The Hero Is You**

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The blank page, empty canvas, or uncarved stone will often fill artists with dread. But so may the thought of finishing, showing or even selling their work. Maisel guides the reader, whether an experienced artist or someone just starting out, past the pitfalls that appear in each stage of creation.

### **Deep Writing**

In a thought-provoking volume, the author critiques how the human condition has been monetized into the disease of depression and related “disorders” and offers a powerful new approach that updates the best ideas of modern psychology. Original.

### **The Man's Guide to Women**

"Advice for those who work -- or desire to work -- in creative fields, such as writing, painting, acting, composing, or making crafts, with a focus on overcoming blocks and completing projects. Author has over three decades of experience working as a therapist and coach to creative clients"--Provided by publisher.

### **The Power of Daily Practice**

Employing anecdotes and real-life case studies, a renowned therapist explains how he has helped people achieve their true creative potential by pushing past everyday resistance, restoring lost meaning, recovering from dashed hopes, and more.

### **The Kick-Ass Writer**

A professional artist and motivational speaker offers artists who have chosen the professional path advice, encouragement, and some hard truths. (Careers/ Jobs)

### **Do More Great Work**

New York Times Bestseller Foreword by Dr. Phil McGraw Ask yourself...are you truly who you want to be? Is this the life you really want? Are you living each day as your best self? What can you change, today? How would you answer those questions? Think about your daily life. Are you thriving, or going through the motions? Are your days full of work, relationships and activities that are true to your authentic self, or do you feel trapped on a treadmill of responsibility? If you

dream of a better life, now is the time to turn your dream into reality. And the tools you need are within your grasp, to design a life that is fulfilling on the deepest levels. *Best Self* will show you how. Mike Bayer, known to the thousands of clients whose lives he has changed as Coach Mike, has helped everyone from pop stars to business executives to people just like you discover the freedom to be their best selves. By asking them and leading them to ask themselves a series of important but tough questions—such as “What are your core values?” “Do you go to bed each day more knowledgeable than when you woke up?” and “Am I neglecting some aspect of my physical health out of fear or denial?”—he helps them see what their Best Selves and Anti-Selves really look like. As a mental health specialist, a personal development coach, and an all-around change agent, Mike has seen the amazing ways in which lives can improve with honesty and clarity. He understands our struggles intimately, because he’s faced—and overcome—his own. And he knows that change is possible. By working through each of the Seven SPHERES of life—Social, Personal, Health, Education, Relationships, Employment and Spiritual Development—*Best Self* is an accessible and interactive book that distills all of Coach Mike’s wisdom into a compact, focused guide that will ignite anyone’s desire for change. Chock full of revealing quizzes, and full of provocative questionnaires, *Best Self* will empower you to embrace your authenticity, acknowledge what is holding you back, and break through to live a passionate life to the fullest, forever.

## **Unleashing the Artist Within**

Written by a gallerist for artists, and updated in February 2017, this encouraging, easy-to-read handbook includes advice and information to help artists successfully launch or accelerate their careers. Topics include: Setting goals, networking, finding & creating exhibition opportunities, selling & pricing art, working with galleries, websites, artist statements, studio management and much more. Also included: Online resources and additional advice from over forty working artists and art dealers. Contributing Artists: Rick Araluce, Carrie Ann Baade, Ali Banisadr, Rebekah Bogard, Benjamin Britton, Mia Brownell, Charles Clary, Peter Drake, Cara Enteles, Roni Feldman, Lori Field, Eric Finzi, Camille Rose Garcia, Julie Heffernan, Seonna Hong, David Humphrey, David Kramer, Martin Kruck, Travis Louie, Marion Peck, Martha Rich, Jean-Pierre Roy, Judith Schaechter, Tony Shore, Aaron Smith, Sarah Trigg, Hanna von Goeler, Didier William and Brad Woodfin. Contributing Gallerists: Kirsten Anderson (Roq la Rue), Noah Antieau (Red Truck Gallery), William Baczek, Zach Feuer, Bert Green, Ken Harman (Spoke Art & Hashimoto Contemporary), Andrew Hosner (Thinkspace), Allegra LaViola (Sargent's Daughters), Jayme McLellan (Civilian Art Projects), Jen Rogers & Kerri Stephens (Varnish Fine Art), Billy Shire (La Luz de Jesus), Mindy Solomon, Linda Warren, Mark Wolfe, and Marcia Wood. Alix Sloan has over twenty years experience in the arts as a curator, consultant, private dealer and gallerist. She regularly shares her expertise in art school lectures and one-on-one consultations, helping artists focus their goals, create strategies and understand what it takes to build and maintain a long-term career in the arts. In this guide, Sloan makes the information every artist needs available in one accessible, straightforward guide.

## **The Art of War (Illustrated)**

A Simon & Schuster eBook. Simon & Schuster has a great book for every reader.

## **Affirmations for Artists**

In Inside Creativity Coaching, 40 creativity coaches from around the world describe their work with creative clients in this first-ever case study examination of the art and practice of creativity coaching. Curated by one of America's foremost creativity coaches, these rich narratives examine how creativity coaches work with writers, painters, musicians, craftspeople, and other creatives on issues such as motivation, procrastination, blockage, and performance and career anxiety. Packed with concrete tools and techniques, the book draws on inspirational success stories from across the globe to help coaches better understand and serve their creative clients. It will be a valuable resource to creativity coaches, coaches interested in developing a specialty, and creatives and performing artists looking to overcome their challenges. Covering a diverse range of disciplines, Inside Creativity Coaching is a must-have book for both aspiring and experienced creativity coaches, and anyone interested in helping creatives.

## **Launching Your Art Career**

In his decades as a psychotherapist and creativity coach, Eric Maisel has found a common thread behind what often gets labeled "writer's block," "procrastination," or "stage fright." It's the particular anxiety that, paradoxically, keeps creators from doing, completing, or sharing the work they are driven toward. This "creative anxiety" can take the form of avoiding the work, declaring it not good enough, or failing to market it – and it can cripple creators for decades, even lifetimes. But Maisel has learned what sets successful creators apart. He shares these strategies here, including artist-specific stress management; how to work despite bruised egos, day jobs, and other inevitable frustrations; and what not to do to deal with anxiety. Implementing these 24 lessons replaces the pain of not creating with the profound rewards of free artistic self-expression. \* Practical insights and proven techniques for overcoming the challenges and fears that plague creators of every kind \* Teaching tales that convey effective approaches to creating fearlessly and abundantly

## **Creativity for Life**

Learn the #1 Secret of the Most Successful Pros: Daily Practice Eric Maisel knows from experience and observation that the single most crucial element of success for any endeavor is a regular, daily practice. Dr. Maisel, a preeminent creativity coach, therapist, and acclaimed author, shows how and why to implement a daily practice and addresses common

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challenges. His experience working with bestselling writers, entrepreneurs, musicians, actors, visual artists, recovering addicts, and rehabilitation patients shows as he outlines various ways to approach a daily practice and goes on to help you build a version of this important discipline that suits your life and goals. Real-world stories and practical examples will help you make measurable progress and build satisfaction in your most cherished pursuits.

### **Artist Management for the Music Business**

Whether it's climbing Everest, launching a business, applying for a dream job, or just finding happiness in everyday life, Steve Sims, founder of the luxury concierge service, Bluefish, reveals simple and effective ways to sharpen your mind, gain a new perspective, and achieve your goals. From helping a client get married in the Vatican, to charming and connecting with business mogul Elon Musk, Bluefish founder Steve Sims is known to make the impossible possible. Now, in his first book, he shares tips, techniques, and principles to break down any door and step onto whatever glamorous stage awaits you. By following Steve's succinct yet insightful advice—as well as inspiration gleaned from the moving stories of others—you, too, can transform your life and achieve the impossible.

### **Ten Zen Seconds**

In this practical workbook, creativity coaches from around the world share their best exercises to help the reader meet the demands of the creative process, the creative personality, and the creative life. This book is packed with an extensive list of exercises that have been vetted by coaches working on the frontlines of creativity, and tried, tested, and proven effective with coaching clients. The hands-on activities cover a wide range of common challenges, including creative blocks and resistance, waning and lost motivation, making time for creating, the pain of disappointment, and more. This guide recognizes the connections between mental health and an alive creativity, and includes helpful advice from professionals who actively and regularly work with individual creatives on issues of process, productivity, motivation and career. Ideal for coaches and therapists, as well as creatives in every discipline, this book is a valuable aid for achieving creative realization.

### **The Creativity Book**

Provides a collection of inspirational ideas and quotations from successful artists to encourage struggling artists to take pride in their efforts and feel confident their works are of value

### **A Writer's Space**

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• More than 500 appearances on national bestseller lists • #1 Wall Street Journal, New York Times, and USA Today • Won 12 book awards • Translated into 35 languages • Voted Top 100 Business Book of All Time on Goodreads People are using this simple, powerful concept to focus on what matters most in their personal and work lives. Companies are helping their employees be more productive with study groups, training, and coaching. Sales teams are boosting sales. Churches are conducting classes and recommending for their members. By focusing their energy on one thing at a time people are living more rewarding lives by building their careers, strengthening their finances, losing weight and getting in shape, deepening their faith, and nurturing stronger marriages and personal relationships. YOU WANT LESS. You want fewer distractions and less on your plate. The daily barrage of e-mails, texts, tweets, messages, and meetings distract you and stress you out. The simultaneous demands of work and family are taking a toll. And what's the cost? Second-rate work, missed deadlines, smaller paychecks, fewer promotions--and lots of stress. AND YOU WANT MORE. You want more productivity from your work. More income for a better lifestyle. You want more satisfaction from life, and more time for yourself, your family, and your friends. NOW YOU CAN HAVE BOTH — LESS AND MORE. In The ONE Thing, you'll learn to \* cut through the clutter \* achieve better results in less time \* build momentum toward your goal\* dial down the stress \* overcome that overwhelmed feeling \* revive your energy \* stay on track \* master what matters to you The ONE Thing delivers extraordinary results in every area of your life--work, personal, family, and spiritual. WHAT'S YOUR ONE THING?

### **Dragon Hoops**

Allen prepares you for the realities of successfully directing the careers of talented performers in the high-risk, high-reward music business. You will learn to prepare yourself for a career in artist management - and then learn the tools to coach, lead, organize time, manage finances, market an artist, and carve out a successful career path for both yourself and your clients. The book features profiles of artist managers, an exclusive and detailed template for an artist career plan, and samples of major contract sections for artist management and record deals. Updated information including a directory of artist management companies is available at the book's companion website. A peer reviewer for Artist Management for the Music Business proclaimed "...this is going to be an excellent text. It contains many unique insights and lots of valuable information.? This is essential reading for managers, students, and artists in the music business. \* Key industry insight for both new and experienced artist managers \* Exclusive planning and management tools \* Successful career strategies for managers and the artists they manage

### **Making Your Creative Mark**

The modern day youth sports environment has taken the enjoyment out of athletics for our children. Currently, 70% of kids drop out of organized sports by the age of 13, which has given rise to a generation of overweight, unhealthy young adults.

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There is a solution. John O'Sullivan shares the secrets of the coaches and parents who have not only raised elite athletes, but have done so by creating an environment that promotes positive core values and teaches life lessons instead of focusing on wins and losses, scholarships, and professional aspirations. Changing the Game gives adults a new paradigm and a game plan for raising happy, high performing children, and provides a national call to action to return youth sports to our kids.

### **Coaching the Artist Within**

Results from world-renowned relationship expert John Gottman's famous Love Lab have proven an incredible truth: Men make or break relationships. Based on 40 years of research, *The Man's Guide to Women* unlocks the mystery of how to attract, satisfy, and succeed with a woman for a lifetime. For the first time ever, there is a science-based answer to the age-old question: What do women really want in a man? Dr. Gottman, author of the New York Times bestseller *The Seven Principles for Making Marriage Work*, and his wife and collaborator, clinical psychologist Julie Schwartz Gottman, PhD, have pored over the research along with bestselling coauthors Douglas Abrams and Rachel Carlton Abrams, MD. Together, they have written this definitive guide for men, providing answers on everything from how to approach a woman and build a connection with her to how to truly satisfy her in bed and know when the relationship is on the right track. *The Man's Guide to Women* is a must-have playbook for how to play—and win—the game of love.

### **Bluefishing**

Make the most of your creative and intellectual gifts by overcoming the unique challenges they bring with this guide by the author of *Natural Psychology*. Many smart and creative people experience unique challenges as a result of their valuable gifts. These can range from anxiety and over-thinking to mania, depression, and despair. In *Why Smart People Hurt*, creativity coach Dr. Eric Maisel pinpoints these often-devastating challenges and offers solutions based on the groundbreaking principles and practices of natural psychology. Are you still searching for meaning after all these years? Many smart people struggle with reaching for or maintaining success because, after all of the work they put into attaining it, it still seems meaningless. In *Why Smart people Hurt*, Dr. Maisel will teach you how to stop searching for meaning and create it for yourself. In *Why Smart People Hurt*, you will find:

- Evidence that you are not alone in your struggles
- Strategies for coping with a brain that goes into overdrive at the drop of a hat
- Questions that will help you create your own personal roadmap to a calm and meaningful life

### **The Professor Is In**

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Conquer writer's block, love what you write, and finish what you start with this motivational self-care book for writers. Imagine having your own personal mentor—someone encouraging yet honest, who could help you set and achieve your goals, turn your moments of doubt and fear into sources of strength, and discover what you're truly capable of when you're at your best. Life coach and publishing industry veteran Kendra Levin is that mentor. And in *The Hero Is You*, she can help you do the best writing of your life—and live your best life while doing it. With wisdom drawn from her years as a life coach for writers and behind-the-scenes stories from a panoply of bestselling authors, Levin shows you how to become the hero in the narrative of your own process. Offering a fresh approach to Joseph Campbell's storytelling archetype, the Hero's Journey, *The Hero Is You* includes more than thirty exercises designed to help you reinvent your creative process from the inside out. This book will show you how to: Identify your biggest challenges and render them powerless Start a project that you love—and stick with it Design a structure for writing regularly

### **Living the Writer's Life**

Hands-on resources for new and seasoned school coaches This practical resource offers the foundational skills and tools needed by new coaching educators, as well as presenting an overview of the knowledge and theory base behind the practice. Established coaches will find numerous ways to deepen and refine their coaching practice. Principals and others who incorporate coaching strategies into their work will also find a wealth of resources. Aguilar offers a model for transformational coaching which could be implemented as professional development in schools or districts anywhere. Although she addresses the needs of adult learners, her model maintains a student-centered focus, with a specific lens on addressing equity issues in schools. Offers a practical resource for school coaches, principals, district leaders, and other administrators Presents a transformational coaching model which addresses systems change Pays explicit attention to surfacing and interrupting inequities in schools *The Art of Coaching: Effective Strategies for School Transformation* offers a compendium of school coaching ideas, the book's explicit, user-friendly structure enhances the ability to access the information.

### **Beyond Talent**

This guide is a gold mine of detailed advice, real life examples and options for any musician serious about a career as a performing artist. Offering an entrepreneurial approach, this book covers artist management, publicity, recordings, websites, fundraising, and freelancing, plus how to manage money, stress and time.

### **Fearless Creating**

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A no-excuses, cut-to-the-chase program for defining, training for, and achieving your goals As life gets busier and more complicated we crave something larger and more meaningful than just ticking another item off our to-do list. In the past, we've looked to religion or outside guidance for that sense of purpose, but today fewer people are fulfilled by traditional approaches to meaning. Bestselling author, psychotherapist, and creativity coach Eric Maisel offers an alternative: an eight-week intensive that breaks through barriers and offers insights for living each day with purpose. Once you understand how meaning operates, how meaning and life purpose are related, and what concrete steps you can take toward fulfilling your purpose, you will never run out of meaning again. This program will develop self-awareness and self-confidence and give you what you need to fully live the best possible life.

### **The Creativity Workbook for Coaches and Creatives**

You work hard. You put in the hours. Yet you feel like you are constantly treading water with "Good Work" that keeps you going but never quite moves you ahead. Or worse, you are mired in "Bad Work"—endless meetings and energy-draining bureaucratic traps. *Do More Great Work* gets to the heart of the problem: Even the best performers are spending less than a fraction of their time doing "Great Work"—the kind of innovative work that pushes us forward, stretches our creativity, and truly satisfies us. Michael Bungay Stanier, Canadian Coach of the Year in 2006, is a business consultant who's found a way to move us away from bad work (and even good work), and toward more time spent doing great work. When you're up to your eyeballs answering e-mail, returning phone calls, attending meetings and scrambling to get that project done, you can turn to this inspirational, motivating, and at times playful book for invaluable guidance. In fifteen exercises, *Do More Great Work* shows how you can finally do more of the work that engages and challenges you, that has a real impact, that plays to your strengths—and that matters. The exercises are "maps"—brilliantly simple visual tools that help you find, start and sustain Great Work, revealing how to: Find clues to your own Great Work—they're all around you Locate the sweet spot between what you want to do and what your organization wants you to do Generate new ideas and possibilities quickly Best manage your overwhelming workload Double the likelihood that you'll do what you want to do All it takes is ten minutes a day, a pencil and a willingness to change. *Do More Great Work* will not only help you identify what the Great Work of your life is, it will tell you how to do it.

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