



Happiness Rehab: 8 Creative Steps to a More Joyful Life

By Ph D Mary Schramski, Jennifer Archer

Jennifer Archer, United States, 2012. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Maybe you ve asked yourself: Where can I find happiness? Or perhaps you ve wondered: How can I be more creative? What if the answer to both questions is intertwined? What if happiness awaits you if you choose to be creative? What if you discover a creative passion that forever changes your life for the better? In Happiness Rehab: 8 Creative Steps to a More Joyful Life, experts Jennifer Archer and Mary Schramski guide readers through an innovative yet practical workshop to discover their creativity/happiness connection. This fun and challenging program asks participants to trust in their innate ability to reclaim their childhood imagination, curiosity and enthusiasm for life, and answers the questions: What is innovation? Can it help me find happiness? Artists, writers and virtually anyone wanting to tap into their imaginative power will benefit from this step-by-step journey toward inspired fulfillment: Step 1: Understanding How the Creative Mind Works Step 2: Reconnecting With Your Creativity Step 3: Reengaging With Your Happy, Creative World Step 4: Deepening Your Creative Happiness Step 5: Group Creativity Step 6:...

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