

MASTERING CREATIVE ANXIETY



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Maisel's book, at once playful and serious, unmask the subtle ways that anxiety can hijack our creative work, and, while not diminishing the discomfort it causes, assures us that we can master it and set our creative spirit free. Eric Maisel is an internationally known creativity coach, author, and columnist for Art Calendar magazine.

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I first came across Mastering Creative Anxiety through a DailyOM course. Each of the lessons was presented as a tidy weekly nugget designed to address the specific types of anxiety that visit creative artists: writers, painters, musicians, actors, and so on.

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Mastering Creative Anxiety is a powerful, well-written book that every artist can benefit from, moving towards recognising and working effectively through the inevitable anxiety that comes with the vocation.

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