



# The ARTISTS WAY AT WORK THE: Riding the Dragon: Twelve Weeks to Creative Freedom

*Mark Bryan, Julia Cameron, Catherine Allen*

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The groundbreaking book "The Artist's Way" has helped more than a million people access their creativity and realize their dreams. Now, authors Mark Bryan, Julia Cameron, and Catherine Allen extend and expand the original "Artist's Way" tools in an all-new program specifically designed to encompass the world of the workplace. The authors asked hundreds of businesspeople to tell them the things that concerned them, receiving such heartfelt questions as: How do I stay creative in a hostile and competitive environment? How can I remain creative despite criticism? How can I clarify and apply my strengths to my work? How can I overcome the depression I feel at my job? How can I handle an impossible workload? This audiobook answers these questions and many more. "The Artist's Way at Work" will help you thrive at the job you now have, move into the career you truly want, or launch the business of your dreams. It combines the strength of three fields, the art world, which gave rise to the original "Artist's Way," the entrepreneurial world, and the corporate world. "The Artist's Way at Work" will give you a more satisfying, fully creative life in which you will feel a sense of wholeness, not fragmentation, a sense of cooperation, not competition. This audiobook will help you become more authentic, more productive, and better able to see and speak your truth in all facets of your life.

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