Every artist—or aspiring creator—knows the sting of being stuck. *Blasting Through Blocks* is a "good news" book. The promise here is simple: You can always unblock. You don't need grand methods or deep dives into theory—just the willingness to work with small, powerful tools.

Across fifty-two essays, you'll encounter one creative block and one practical exercise. Over time, these practices will build into a living, flexible toolkit you can revisit whenever you feel stuck.

You'll find creative solutions to:

- The internal critic
- Procrastination
- Competition
- Perfectionism
- Worry

And dozens more!

This is a book for personal pilgrimage and communal practice alike. Use it as a companion through a year of your creative life. Bring it to your writing group or your classroom. Gift it to any artist in your life. As these pages light up one shadow at a time, you'll begin to see the spiritual and psychological pathways through your creative difficulties—and rediscover why your work matters. psychological pathways through your creative difficulties—and rediscover why your work matters.

READ BY ELIZA FOSS

Runtime: 4h. 6m. • Unabridged

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AUDIO

Blasting Through Blocks

An Artist's Way Guide to Unleashing Your Inner Creativity

Julia Cameron

Adult

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