

The Artist's Way at Work: Riding the Dragon

By Mark Bryan, Julia Cameron, Catherine A. Allen

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After the publication of the bestselling book *The Artists' Way,* Julia Cameron and Mark Bryan, co-creators of the country's most successful course on creativity, were often told that their techniques helped people achieve their business goals. This spurred them to refine the methods to help people perform more creatively and effectively at work. The program is revealed in *The Artists' Way at Work:* a twelve-week encounter with your own ingenuity, struggles, strengths and dreams -- as well as the political guidance to enable you to get things done.

Through powerful self-assessment exercises with intriguing titles such as "Power Inside vs. Power Outside," "Developing Creative Continuity," and "Finding Your Truth," readers learn to release their creative spirit at work and tap reserves of energy, vision, and passion. *The Artists' Way at Work* will help you excel in your job, launch the business of your dreams, or find the career you love. Best of all, you will learn to "live in the paradox" -- to develop a personal philosophy of excellence that sustains you, whatever the future holds.

The processes in this book are rooted in cutting-edge principles of human development, organizational behavior, and the arts. They have been rigorously tested among business audiences and will unleash a degree of satisfaction at work (and in life) you may never have believed possible. For every one of us who works, *The Artists' Way at Work* reveals a completely new way to thrive.

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Editorial Review

Amazon.com Review
Adapting their techniques for fostering creativity as a means to spiritual fulfillment for the workplace, the authors of *The Artist's Way at Work* have shown that people can thrive at their jobs when they take time to nurture their spirit and listen to their thoughts. The book features psychological guidance, anecdotes, and exercises to assist the reader in sorting out the multitude of happenings, commitments, and choices in one's life. Again, these authors of the enormously successful *The Artist's Way* recommend their fundamental technique of "morning pages"--a kind of free-form journaling--to unravel thoughts and feelings, focus energy, and direct action. The beautiful surprise of this deceivingly simple exercise is that it actually works! It's making the time to do morning pages that's the real battle. But, if you, like so many others, feel swept up by the tidal wave of our fast-paced, noisy culture, then the authors' slow and steady steps toward reclaiming the spiritual self are invaluable. Some of the suggestions and exercises are a bit out of touch with the complex, and often emotionally-charged, political maneuverings of corporate culture, but the aim of cultivating an individual's ingenuity and resourcefulness is effective and expertly structured. Overall, the authors' philosophy boils down to change that begins with a constantly emerging self. With this book's help, you'll not only find how that new self spawns clarity and grace, but how widely their effects can reverberate throughout the workplace. --*Karen Karleski*

From Library Journal
A follow-up to the authors' million-copy best seller, The Artist's Way.
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This week we begin working in the swirling mists of our history. For this reason, our initial bedrock tools concern communication of the self to the self. We call these tools the Radio Kit. They allow us both to determine and to broadcast our creative and emotional bearings. They are simple, workable, and mandatory.(If you have already worked with the Artist's Way, then some of the first few tools will be familiar to you. However, we will be using them in new and unexpected ways that we think you will find illuminating and exciting. As the weeks progress, you will discover many new concepts and exercises that will expand your use of these classic tools and will reward you for your faith in this work. For now, the drill as you know it.)

Our primary tool -- the morning pages -- is three pages of daily longhand morning writing. You will be using this tool first to contact your inner self and later to discover your patterns in groups.

We all suffer ambivalence about our simultaneous desires to be a part of, and apart from, groups, and many of our new tools are designed to explore this ambivalence. We have found that morning pages show us both our connectedness and our individuality.

As you will soon discover, the inner self has a variety of voices. In doing morning pages, you will experience some of them. You will also learn to discern which voices of this "self" are best heeded and which best disputed. You will discover many positive forces that might have become silenced over the years, including one we call the Inner Mentor.

This Inner Mentor, which some of us characterize as an older sage, is not unlike the eldest dragon of Chen

Rong's painting or *Star Wars* Obi-Wan Kenobi in our popular mythology. Knowledge of this and similar voices will eventually evolve into a guidance system you can depend on. But first you will meet a host of other voices, the voices most of us think of as "myself."

Users Review

From reader reviews:

Hilda Dolan:

Why don't make it to become your habit? Right now, try to ready your time to do the important behave, like looking for your favorite e-book and reading a publication. Beside you can solve your trouble; you can add your knowledge by the guide entitled The Artist's Way at Work: Riding the Dragon. Try to face the book The Artist's Way at Work: Riding the Dragon as your friend. It means that it can to become your friend when you truly feel alone and beside associated with course make you smarter than previously. Yeah, it is very fortuned in your case. The book makes you much more confidence because you can know every thing by the book. So , let us make new experience along with knowledge with this book.

Joseph Fulkerson:

The particular book The Artist's Way at Work: Riding the Dragon will bring that you the new experience of reading the book. The author style to spell out the idea is very unique. In case you try to find new book to study, this book very appropriate to you. The book The Artist's Way at Work: Riding the Dragon is much recommended to you you just read. You can also get the e-book from your official web site, so you can more readily to read the book.

Irene Gonzales:

The book untitled The Artist's Way at Work: Riding the Dragon contain a lot of information on the idea. The writer explains the girl idea with easy method. The language is very easy to understand all the people, so do certainly not worry, you can easy to read this. The book was written by famous author. The author brings you in the new period of literary works. It is easy to read this book because you can read more your smart phone, or gadget, so you can read the book throughout anywhere and anytime. If you want to buy the e-book, you can start their official web-site along with order it. Have a nice read.

Carey Gilliam:

In this period of time globalization it is important to someone to acquire information. The information will make a professional understand the condition of the world. The condition of the world makes the information much easier to share. You can find a lot of recommendations to get information example: internet, classifieds, book, and soon. You can observe that now, a lot of publisher this print many kinds of book. The book that recommended to you is The Artist's Way at Work: Riding the Dragon this book consist a lot of the information in the condition of this world now. This book was represented just how can the world has grown up. The dialect styles that writer require to explain it is easy to understand. The particular writer made some

research when he makes this book. This is why this book ideal all of you.

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