



Creative Strength Training: Prompts, Exercises and Personal Stories for Encouraging Artistic Genius

Jane Dunneward

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Discover a Deeper Connection to Your Artist Self!

Artists and athletes alike benefit from strength training. Building creative stamina takes encouragement, mentoring, and regular practice. In *Creative Strength Training*, you'll discover powerful strategies that combine writing and hands-on art-making to overcome creative stumbling blocks, develop a unique voice and make creating art a regular habit.

- Overcome resistance while dismantling "the Committee" (that group of inner critics).
- Explore 10 exercises for making art that stands apart as uniquely yours.
- Receive support and inspiration from contributing artists who share how each chapter has improved their practice and helped them evolve.

Begin a fresh approach to your creative practice. Begin building stamina today with *Creative Strength Training*!

"In a world of bookshelves lined with self-help guides to overhauling ourselves, Jane Dunnewold gives us, instead, a way to discover ourselves. *Creative Strength Training* is a gift to the artist just starting out, and a powerful resource for those of us who feel like we may have grown stale." --**Mary Fisher**, artist and AIDS activist

"Jane's approach will resonate with anyone who has ever been stymied in his or her attempt to be original and creative. She guides readers on a journey of self-discovery to seek the core of the creative spirit. This newfound self-awareness and confidence is sure to unleash brand new avenues of creativity for those who read this important new work." --**Maureen Hendricks**, owner of Gateway Canyons Resort, home of Alegre Quilt Retreat

"Jane Dunnewold's approach to the creative process is as refreshing as it is realistic--building stamina means making your art a priority. This method feels at once personal and prolific--a must-have for anyone looking to push his/her boundaries." --**Joe Pitcher**, founder of textileartist.org

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