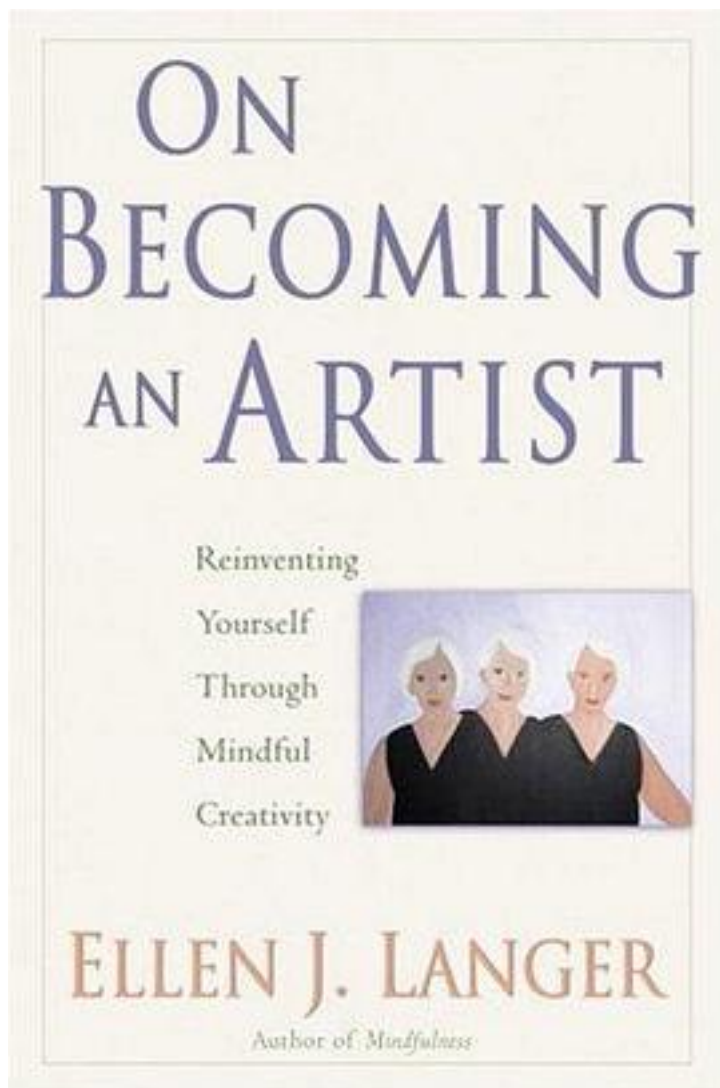


On Becoming an Artist



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著者:Ellen Langer

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“All it takes to become an artist is to start doing art.”

–from On Becoming an Artist

On Becoming an Artist is loaded with good news. Backed by her landmark scientific work on mindfulness and artistic nature, bestselling author and Harvard psychologist Ellen J. Langer shows us that creativity is not a rare gift that only some special few are born with, but rather an integral part of everyone’s makeup. All of us can express our creative impulses– authentically and uniquely–and, in the process, enrich our lives.

Why then do so many of us merely dream of someday painting, someday writing, someday making music? Why do we think the same old thoughts, harbor the same old prejudices, stay stuck in the same old mud? Who taught us to think “inside the box” ?

No one is more qualified to answer these questions than Dr. Langer, who has explored their every facet for years. She describes dozens of fascinating experiments–her own and those of her colleagues–that are designed to study mindfulness and its relation to human creativity, and she shares the profound implications of the results–for our well-being, health, and happiness.

Langer reveals myriad insights, among them: We think we should already know what only firsthand experience can teach us. . . . In learning the ways that all roses are alike, we risk becoming blind to their differences. . . . If we are mindfully creative, the circumstances of the moment will tell us what to do. . . . Those of us who are less evaluatively inclined experience less guilt, less regret, less blame, and tend to like ourselves more. . . . Uncertainty gives us the freedom to discover meaning. . . . Finally, what we think we’re sure of may not even exist.

With the skill of a gifted logician, Langer demonstrates exactly how we undervalue ourselves and undermine our creativity. By example, she persuades us to have faith in our creative works, not because someone else approves of them but because they’re a true expression of ourselves. Her high-spirited, challenging book sparkles with wit and intelligence and inspires in us an infectious enthusiasm for our creations, our world, and ourselves. It can be of lifelong value to everyone who reads it.

作者介绍:

- 埃伦·兰格 (Ellen J.Langer) 是积极心理学奠基人之一，幸福课导师本·沙哈尔最推崇的哈佛著名心理学家，第一位获得哈佛终身教职的女性。
- 获得最具含金量的古根海姆研究学者奖、美国心理协会大众心理学杰出贡献奖等。
- 在各大学术媒体上发表了70多篇学术论文及相关作品。她的著作还包括广受好评的《专念》、《专念学习力》等。
- 独具匠心的画家。

目录:

标签

EllenLanger

积极心理学

Psychology

评论

书评

在我们长期工作履职过程中，可能由于太熟悉工作流程、太过于按部就班地工作而逐渐变得缺少工作激情，缺乏工作改进和创新动力。我们往往容易在日复一日的工作中养成视角单一、一成不变、静态重复的工作方式方法，同时也使我们的工作成效逐渐降低、工作投入和工作乐趣日益减少。 ...

在我们长期工作过程中，可能由于太熟悉工作流程、太过于按部就班地工作而逐渐变得缺少工作激情，缺乏工作改进和创新动力。我们往往容易在日复一日的工作中养成视角单一、一成不变、静态重复的工作方式方法，同时也使我们的工作成效逐渐降低、工作投入和工作乐趣日益减少。 如何...

首次读完的五年来断断续续地再二刷三刷甚至五刷六刷，专念的思想真的太高深晦涩了，（隐约感觉和道家思想庄子逍遥游有异曲同工之妙），但部分领悟后也让我的思想和

生活有了颠覆般的改变，让我对自己的认知有了更大的控制权，并且极大程度上直接影响到我的实际生活。 希望喜欢本...

这几天看了N本书，都是关于找到真实自我的。好了，足够了，我已经不需要类似的心灵鸡汤了，也不需要类似的专门书籍了，已经积攒够了。
本书中有一个与《黑客与画家》相互呼应的观点：父母为孩子们创造了虚假的世界。
另外本书有几句话读来非常温馨： 1、我们所在之处正是从未到...

刚开始看这本书，看了版序，才知道平时我们的行为大都受潜念的控制，这本书引起了我的好奇心，就是如何让自己拥有专念。
我的思路太窄，很少会从另一个角度考虑问题，所谓思路决定出路，能改变思路很重要，所以我想专念对我很重要。 好好读这本书。

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