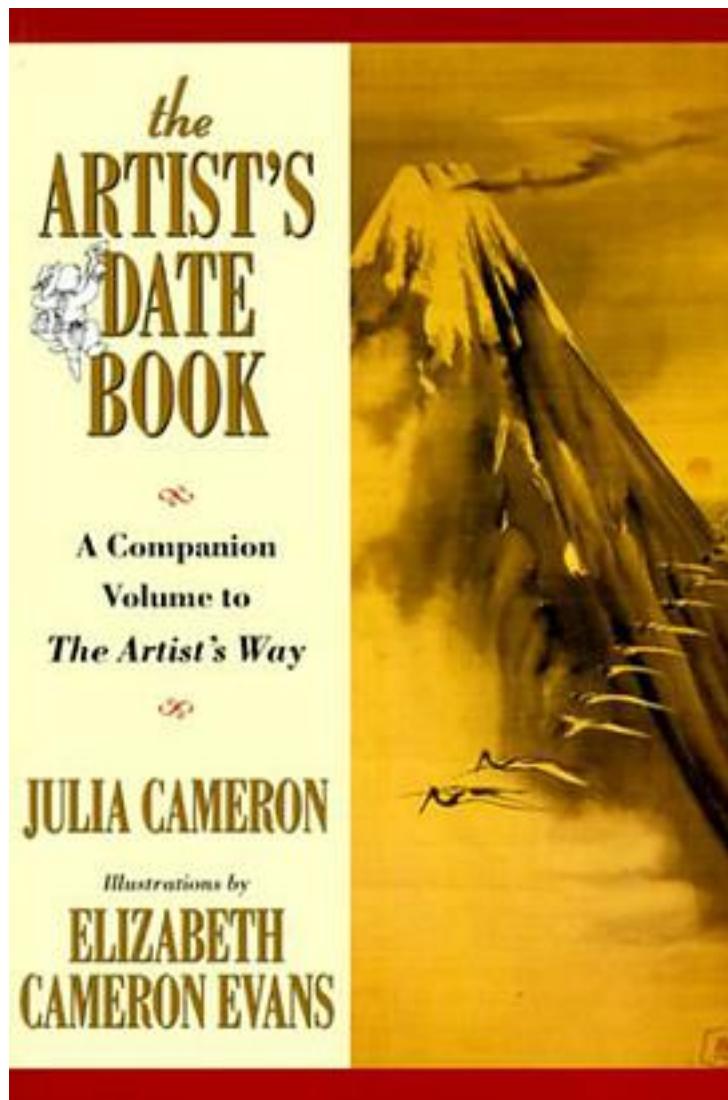


# The Artist's Date Book



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著者:Julia Cameron

出版者:Tarcher

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The eagerly awaited companion to the national bestseller *The Artist's Way* , and *The Artist's Way Morning Pages Journal* --a year of creativity cartoons and wisdom.

Through her revolutionary books and workshops, Julia Cameron has inspired thousands to pursue their creative dreams.

In *The Artist's Way* , Julia Cameron addressed a complex subject in a way that has allowed millions of aspiring and working artists to tap into their own creativity. With her companion book *The Artist's Way Morning Pages Journal* , Cameron focused readers on one of two primary tools in her programs. Now *The Artist's Date Book* directs readers toward the second tool. Encompassing a year of creativity, with illustrations by Elizabeth Cameron Evans, 365 provocative tasks, and ample inventory space, it is whimsical, inspiring, entertaining, and wise. The book leads readers to involve themselves in daily meetings with their creative self, guiding them to authentic growth, renewal, and confidence.

\* illustrated throughout

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