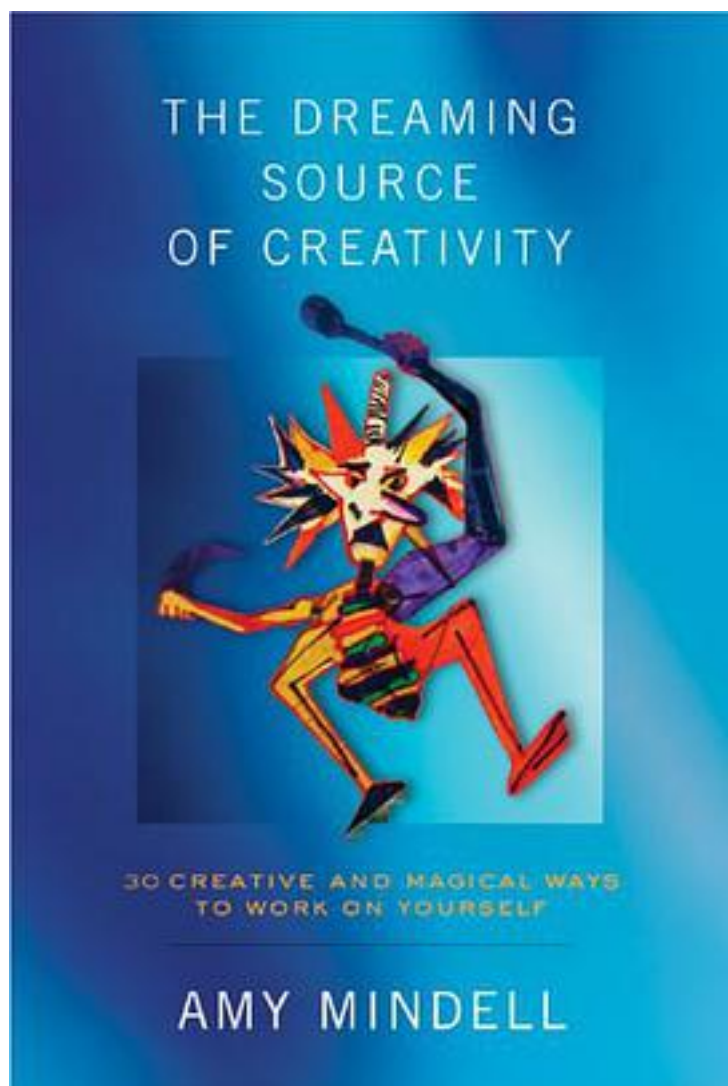


Dreaming Source of Creativity



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著者: Mindell, Amy

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Written for professional therapists as well as the interested layperson, this book reveals where hidden sources of creativity and inspiration can be found in everyday life, such as in the body, the environment, material objects, or even daily activities. Numerous stories, exercises, and pictures illustrate this take on creativity from a process work perspective by tapping into art, music, puppets, movement, and more. This inspirational guide to bringing artistic elements into one's life examines dreams, body experiences, and overall life situations.

作者介绍:

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