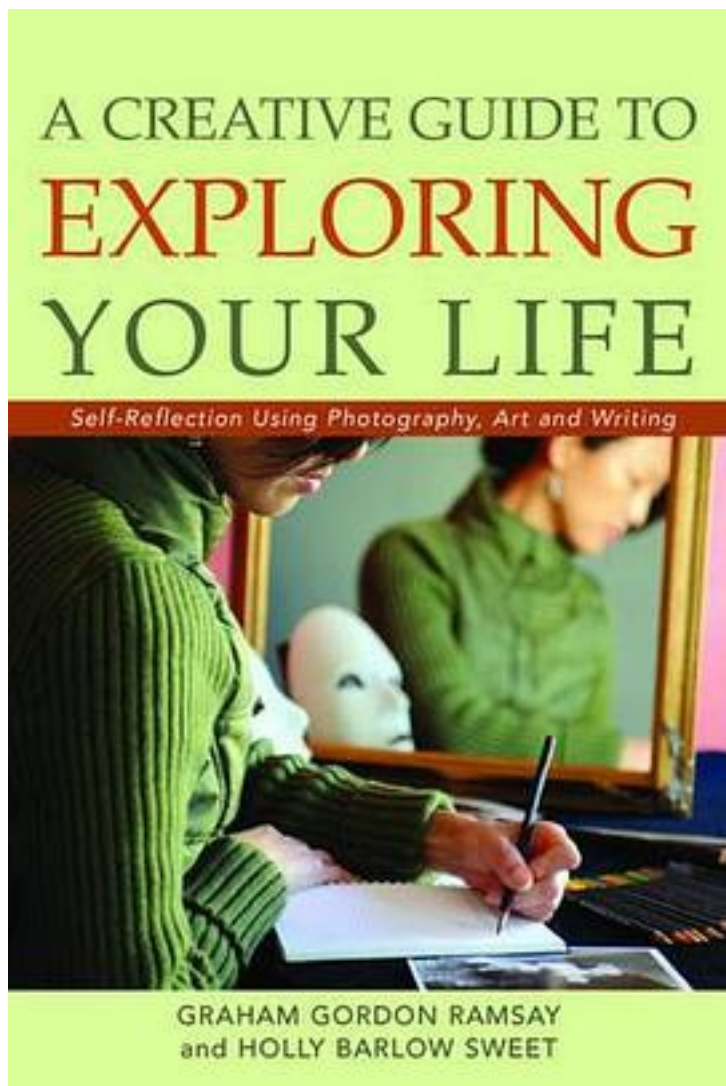


# A Creative Guide to Exploring Your Life



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An award-winning psychologist and professional photographer join forces in writing this unique creative guide to exploring and understanding your life: who you are, what you value, and what you wish to achieve.

A Creative Guide to Exploring Your Life brims with imaginative exercises and examples that use the power of photography, art, and writing as tools for self-discovery. It provides clear and accessible guidance on how to explore different parts of your identity: take a photograph of yourself in a role you don't typically play, draw a visual timeline of your life and consider its key turning points; explore your sense of place in history by writing about a major historical event that has changed your life. Exercises are accompanied by searching questions for self-reflection, and are complemented by examples of each exercise to provoke ideas and inspiration.

Suitable for anyone who is curious about their life and identity, this book offers a dynamic and enjoyable way for you to explore different aspects of your life. It also features additional guidance for teachers, counselors, and other professionals who wish to explore this material in a group context.

### 作者介绍:

Graham Gordon Ramsay is a professional freelance commercial and fine art photographer and teaches at the Massachusetts Institute of Technology (MIT). His fine art images have appeared in galleries and private collections throughout the US and Europe, and his commercial images have appeared in publications such as Time Magazine, Atlantic Monthly, Science, and Figaro Magazine.

Holly Barlow Sweet Ph.D. is a licensed psychologist and a lecturer at MIT. She maintains a private practice in the Boston area and has given numerous talks and workshops at the local and national level on self-esteem enhancement, creativity and self-exploration, gender roles and relationships. She is Co-Director of the Cambridge Center for Gender Relations and, in 2005, received the "Practitioner of the Year" award from the Society for the Psychological Study of Men and Masculinity, a division of the American Psychological Association.

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a book can lead to self-explore and self-express

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