



# **Mastering Creative Anxiety: 24 Lessons for Writers, Painters, Musicians, and Actors from America's Foremost Creativity Coach**

*Ph.D. Eric Maisel*

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# Mastering Creative Anxiety: 24 Lessons for Writers, Painters, Musicians, and Actors from America's Foremost Creativity Coach

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## **Mastering Creative Anxiety: 24 Lessons for Writers, Painters, Musicians, and Actors from America's Foremost Creativity Coach** Ph.D. Eric Maisel

In his decades as a psychotherapist and creativity coach, Eric Maisel has found a common thread behind what often gets labeled “writer’s block,” “procrastination,” or “stage fright.” It’s the particular anxiety that, paradoxically, keeps creators from doing, completing, or sharing the work they are driven toward. This “creative anxiety” can take the form of avoiding the work, declaring it not good enough, or failing to market it — and it can cripple creators for decades, even lifetimes. But Maisel has learned what sets successful creators apart. He shares these strategies here, including artist-specific stress management; how to work despite bruised egos, day jobs, and other inevitable frustrations; and what *not* to do to deal with anxiety. Implementing these 24 lessons replaces the pain of not creating with the profound rewards of free artistic self-expression.

\* Practical insights and proven techniques for overcoming the challenges and fears that plague creators of every kind

\* Teaching tales that convey effective approaches to creating fearlessly and abundantly

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