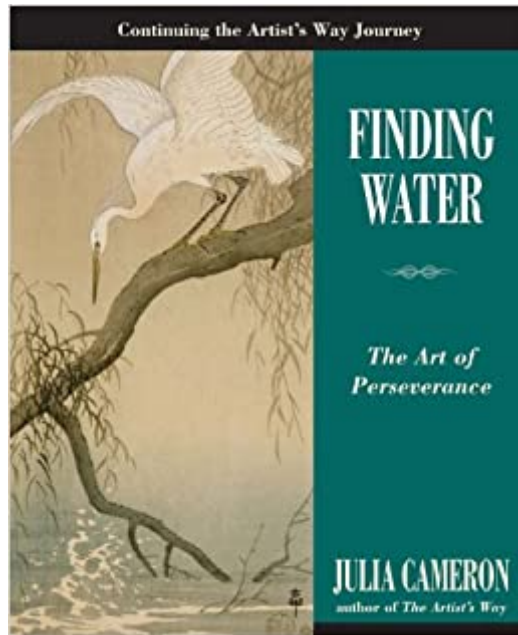




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Finding Water: The Art Of Perseverance (Artist's Way)



Synopsis

The third book in Julia Cameron's groundbreaking *The Artist's Way* trilogy on creative self-renewal is now in paperback. In this inspiring twelve-week program, the third in Julia Cameron's beloved body of work on the creative process, Cameron offers guidance on weathering the periods in an artist's life when inspiration has run dry. This book provides wisdom and tools for tackling some of the greatest challenges that artists face such as: Making the decision to begin a new project
Persevering when a new approach to your art does not bear immediate fruit
Staying focused when other parts of your life threaten to distract you from your art
Finding possibilities for artistic inspiration in the most unlikely places

Another revolutionary twelve-week program for artistic renewal from the foremost authority on the creative process, *Finding Water* is an essential book for any artist.

Book Information

Series: *Artist's Way*

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Customer Reviews

Creative process guru Cameron continues to guide readers on the "spiral path" of their artistic journeys in this eloquent third book (after *Walking in This Water*) in the series that began with her influential, bestselling creativity manual, *The Artist's Way*. For those who missed earlier installments, Cameron

an author, teacher and aspiring musical theater lyricist/librettist

rehashes basic tools to get creative juices flowing while also delving into her ongoing personal creative struggle. Structured as a 12-week course in regaining one's relationship with one's own work, whether it be writing, painting or music, the volume grapples with the symbiotic

relationship between art and spirituality. Cameron posits a benevolent universe waiting to support the artist in his or her endeavors; the artist simply has to get out of the way and become a channel for the work to speak through them. Toward this end, she instructs readers in exercises for uncovering a sense optimism, balance, resilience, perspective and discipline, among other strengths. Woven through with confessional anecdotes from her life as a writing teacher and oft-blocked artist wrestling with self-esteem and faith in her work, this guidebook's combination of action-oriented steps and heartfelt revelations will speak to legions of struggling artists. (Jan.)

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--This text refers to an out of print or unavailable edition of this title.

Praise for THE ARTIST'S WAY.... "THE ARTIST'S WAY by Julia Cameron is not exclusively about writing • it is about discovering and developing the artist within whether a painter, poet, screenwriter or musician • but it is a lot about writing. If you have always wanted to pursue a creative dream, have always wanted to play and create with words or paints, this book will gently get you started and help you learn all kinds of paying-attention techniques; and that, after all, is what being an artist is all about. It's about learning to pay attention." --Anne Lamott, *Mademoiselle* "The premise of the book is that creativity and spirituality are the same thing, they come from the same place. And we were created to use this life to express our individuality, and that over the course of a lifetime that gets beaten out of us. [THE ARTIST'S WAY] helped me put aside my fear and not worry about whether the record would be commercial." --Grammy award-winning singer Kathy Mattea "Julia Cameron brings creativity and spirituality together with the same kind of step-by-step wisdom that Edgar Cayce encouraged. The result is spiritual creativity as a consistent and nourishing part of daily life." --Venture Inward "I never knew I was a visual artist until I read Julia Cameron's THE ARTIST'S WAY." --Jannene Behl in *Artist's Magazine* "Julia Cameron's landmark book THE ARTIST'S WAY helped me figure out who I really was as an adult, not so much as an artist but as a person. And award-winning journalist and poet, Cameron's genius is that she doesn't tell readers what they should do to achieve or who they should be • instead she creates a map for readers to start exploring these questions themselves." --Michael F. Melcher, *Law Practice* magazine "This is not a self-help book in the normative sense. It is simply a powerful book that can challenge one to move into an entirely different state of personal expression and growth." --Nick Maddox, *Deland Beacon* "THE

ARTIST'S WAY (with its companion volume THE ARTIST'S WAY MORNING PAGES JOURNAL) becomes a friend over time, not just a journal. Like a journal, it provokes spontaneous insights and solutions; beyond journaling, it establishes a process that is interactive and dynamic.

—Theresa L. Crenshaw, M.D., San Diego Union-Tribune

“If you really want to supercharge your writing, I recommend that you get a copy of Julia Cameron's book THE ARTIST'S WAY. I'm not a big fan of self-help books, but this book has changed my life for the better and restored my previously lagging creativity.”

—Jeffrey Bairstow, Laser Focus World

“Working with the principle that creative expression is the natural direction of life, Cameron developed a three month program to recover creativity. THE ARTIST'S WAY shows how to tap into the higher power that connects human creativity and the creative energies of the universe.”

—Mike Gossie, Scottsdale Tribune

“THE ARTIST'S WAY is the seminal book on the subject of creativity and an invaluable guide to living the artistic life. Still as vital today—or perhaps even more so—than it was when it was first published in 1992, it is a provocative and inspiring work. Updated and expanded, it reframes THE ARTIST'S WAY for a new century.”

—Branches of Light

“THE ARTIST'S WAY has sold over 3 million copies since its publication in 1992. Cameron still teaches it because there is sustained demand for its thoughtful, spiritual approach to unblocking and nurturing creativity. It is, dare we say, timeless.”

—Nancy Colasurdo, FOXBusiness

“Praise for VEIN OF GOLD, the second volume in the ARTIST'S WAY trilogy”

“For those seeking the wellspring of creativity, this book, like its predecessor, is a solid gold diving rod.”

—PUBLISHERS WEEKLY

I'm kind of 50/50 with this book, it seems that in each chapter she is lightly complaining about something, followed by an exercise. I honestly stopped reading/using this book half way through because the process became redundant and I didn't seem to be getting any benefit from it. One of my friends got "The Artist Way", which is the 1st book of this series, and from what I'm hearing from her, it seems like most of the exercises are the same. I do enjoy the idea of the "Artist Dates", that maybe the only thing that I enjoyed out of this book.

wonderful

As an artist, I shouldn't have been surprised to hit a dry spell; but it had never happened to me

before. Someone recommended this, and I thought "oh no, I hate her books" (because I had tried to read *Artists Way*). So, I decided to get it from the library instead of spending money:-) I'm buy this. It's just what I need. I don't think it's a "cry for help". I appreciate Julia Cameron talking abt her own and others' dry spells. Her ideas for jump-starting your creativity are not what is usually found in these books. I, for one, am quite grateful.

The third in Ms. Cameron's trilogy continues her writing legacy. I'll get my bias right out front -- I purchased dozens of "The Artist's Way" more than a decade ago, and continue to gift friends with "The Vein of Gold" and "Walking in the World." Hers are about the only books I buy in hardback because I know I'll return to them again and again. It's not just the guidance that makes her books so compelling. Her phrasing, syntax, ability to draw the reader into her environment and circumstances, makes me keep coming back for more. She is a great story teller, as well as generous with her insights. That said, her third volume is a bit like watching a train wreck. Especially Chapter 5, as we enter the abyss with her, I began to feel some cracks in the foundation of daily pages and artist's dates. It appears that Ms. Cameron is struggling with her own advice -- "keep the drama on the page." And some of us may feel our own resolve begin to crumble. But as the book progresses, the theme of perseverance certainly proves its value. Those of us who feel we know Ms. Cameron recognize instantly why she would be walking on mental eggshells. Not only is she not going back to Taos this summer, but she also has chosen to close out her artist's series with this third book. Readers will miss both, and in that knowledge share a small bit of the grief that Ms. Cameron must be experiencing.

A Wonderful Medicine...Important insights, observations, & practices for artists in all realms; in particular those looking to heal & evolve from bruises of the past...Vital breath, this book. Julia is a fellow Warrior of the Spirit...

I have every one of Julia Camerons books. I am well pleased with her message and her mission to steer creatives in the right direction. Very well written and encouraging. A must for every creative - be it a writer, artist, photographer... whatever your avenue or direction.

I had read a couple of Julia Cameron's books years ago and this reintroduces her to me. Page after page of inspiration and advice. Interesting to know that even the very successful have their "dry" periods and times of self-doubt and that we can push through those times.

Love Julia's books. This one is slower than the others and more geared toward her personal journey...but many parallels.

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