

The Van Gogh Blues Creative Persons Path Through Depression Eric Maisel

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~~""The Van Gogh Blues" is a courageous and insightful gift to all writers, artists, and others whose efforts and hopes have been hobbled by depression. Eric Maisel shows us how to stay out of depression's clutches so that we can consistently move forward with dignity, resolve, and unassailable passion."--Sharon Lebell, author of "The Art of Living"~~

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The Van Gogh Blues: The Creative Persona's Path Through ...

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The Van Gogh Blues: The Creative Person's Path Through ...

Synopsis. Using examples of famous (Vincent Van Gogh, Fyodor Dostoyevksy) and not so famous artists and creative people who have struggled with depression, Dr Maisel shows what lessons can be learned from them and how depression can be harnesed and put to creative use. His four-step, non-pharmaceutical treatment plan offers insights for anyone involved in the creative process and legitimizes for many creative people suffering from depression their own instinctive feeling that standard ...

Van Gogh Blues (Rodale): The Creative Person's Path ...

The Van Gogh Blues: The Creative Person's Path Through Depression eBook: Eric Maisel Phd: Amazon.co.uk: Kindle Store

The Van Gogh Blues: The Creative Person's Path Through ...

Creative people will experience depression--that's a given. It's a given because they are regularly confronted by doubts about the meaningfulness of their efforts. Theirs is a kind of depression that does not respond to pharmaceutical treatment. What's required is healing in the realm of meaning. In this groundbreaking book, Eric Maisel teaches creative people how to handle these recurrent ...

The Van Gogh Blues: The Creative Person's Path Through ...

The Van Gogh Blues doesn't seek to break this stereotype. Instead, it looks to examine the reason why creative people We all know the story of the brilliant yet tortured Van Gogh. His mind blowing creativity was only matched by bouts of deeply destructive depression.

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The Van Gogh Blues: The Creative Person's Path Through ...

The Van Gogh Blues: The Creative Person s Path Through Depression: Author: Eric Maisel, PhD: Edition: reprint: Publisher: New World Library, 2012: ISBN: 1608681939, 9781608681938: Length: 272...

The Van Gogh Blues: The Creative Person s Path Through ...

The Van Gogh Blues: Meaningful Life, Meaningful Work, Meaningful Days. Excerpted from The Van Gogh Blues: The Creative Person's Path Through Depression. by Eric Maisel, PhD | Updated September 29, 2018. In order for you to live an authentic, meaningful life, which is the principal remedy for the depression creative people experience, you must feel that 1) the plan of your life is meaningful, 2) the work you do is meaningful, and 3) the way you spend your time is meaningful.

Eric Maisel: The Van Gogh Blues - Meaningful Life ...

Holiday Survival for Creatives: Got the Van Gogh Blues? - stephanie (Need context for this post? Check out the introductory post for this series.) I don't think I'm out of line suggesting that populations of creative people tend to have higher numbers of depression, anxiety, and other mental health concerns. ...

Holiday Survival for Creatives: Got the Van Gogh Blues ...

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The Van Gogh Blues. Finalist, Books for a Better Life Award. "The Van Gogh Blues is a mind-blowingly wonderful book." — The Midwest Book Review. "Maisel persuasively argues that creative individuals measure their happiness and success by how much meaning they create in their work." — Library Journal. "Maisel's book has helpful suggestions for artists and writers searching for encouragement and emotional respite."

The Van Gogh Blues | Eric Maisel

The Van Gogh Blues The Creative Person's Path Through Depression. Eric Maisel. 4.0, 2 Ratings; \$10.99; \$10.99; Publisher Description. Creative people will experience depression — that's a given. It's a given because they are regularly confronted by doubts about the meaningfulness of their efforts. Theirs is a kind of depression that does ...

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