



# **Cultivating Your Creative Life: Exercises, Activities, and Inspiration for Finding Balance, Beauty, and Success as an Artist**

*Alena Hennessy*

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*Cultivating Your Creative Life: Exercises, Activities, and Inspiration for Finding Balance, Beauty, and Success as an Artist* is a multi-faceted book where creativity and wonder intermingle to show how to live a creative and balanced life while moving toward your goals. You'll find ideas for keeping your creative well full, an illustrated guide to healing herbs and plants, basic yoga poses and breathing exercises, and tips for moving your artistic career forward. Alena Hennessy's illustration style combines nature, whimsy, delicacy, and a modern sensibility; vibrant pen and ink illustrations accompany relevant quotes of inspiration, tips, and creative journal exercises. *Cultivating Your Creative Life* is not only an interactive creativity guide; it is a work of art, in itself—a beautiful, collectible volume—to save and to savor, or to give as a gift to the special creative person in your life.

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