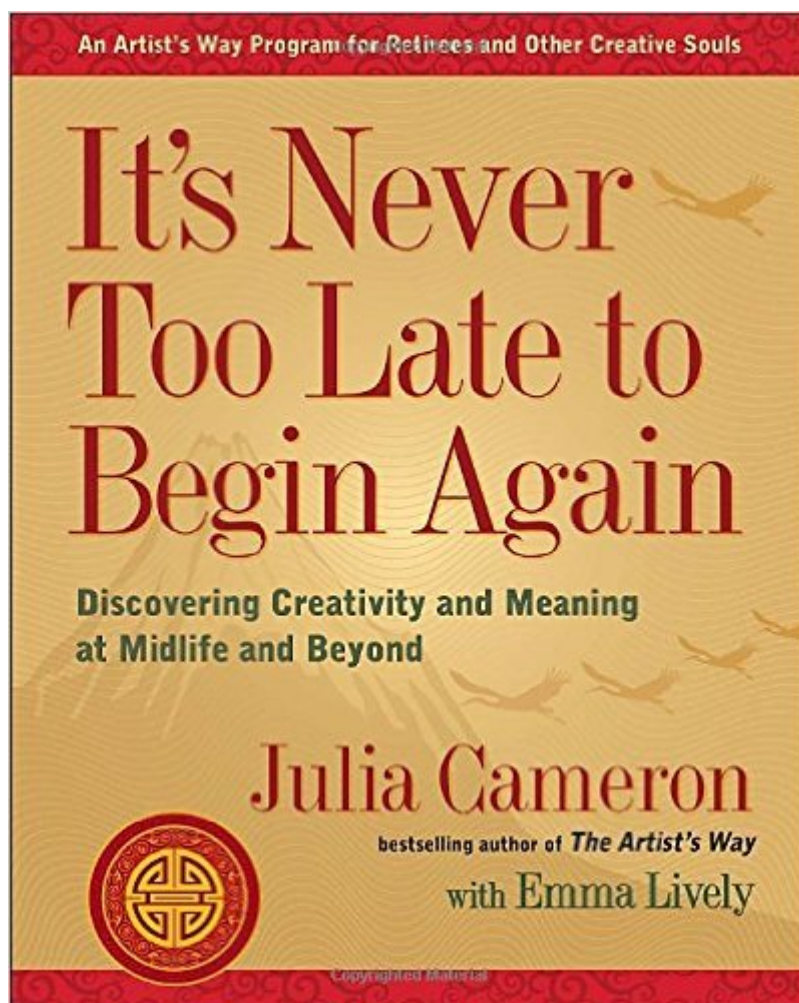


The book was found

It's Never Too Late To Begin Again: Discovering Creativity And Meaning At Midlife And Beyond



Synopsis

“The book you hold in your hands is the distillate of a quarter century’s teaching. It is my attempt to answer, “What next?” for students who are embarking on their “second act.”

Julia Cameron’s *Julia Cameron* has inspired millions with her bestseller on creativity, *The Artist’s Way*. In *It’s Never Too Late To Begin Again*, she turns her eye to a segment of the population that, ironically, while they have more time to be creative, are often reluctant or intimidated by the creative process. Cameron shows readers that retirement can, in fact, be the most rich, fulfilling, and creative time of their lives. When someone retires, the newfound freedom can be quite exciting, but also daunting. The life that someone had has changed, and the life to come is yet to be defined. In this book, Cameron shows readers how cultivating their creative selves can help them navigate this new terrain. She tells the inspiring stories of retirees who discovered new artistic pursuits and passions that more than filled their days—they nurtured their souls.

A twelve-week course aimed at defining and creating the life you want to have as you redefine and re-create yourself, this book includes simple tools that will guide and inspire you to make the most of this time in your life:

- **Memoir writing** offers an opportunity to reflect on and honor past experience. This book guides you through the daunting task of writing an entire memoir, breaking it down into manageable pieces.
- **Morning Pages**—private, stream-of-consciousness writing done daily—allow you to express wishes, fears, delights, resentments, and joys, which in turn, provide focus and clarity for the day at hand.
- **Artist Dates** encourage fun and spontaneity.
- **Solo Walks** quell anxiety and clear the mind. This fun, gentle, step-by-step process will help you explore your creative dreams, wishes, and desires and help you quickly find that it’s never too late to begin again.

Book Information

Paperback: 304 pages

Publisher: TarcherPerigee (April 19, 2016)

Language: English

ISBN-10: 0399174214

ISBN-13: 978-0399174216

Product Dimensions: 7.3 x 0.8 x 9.1 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars See all reviews (71 customer reviews)

Best Sellers Rank: #3,489 in Books (See Top 100 in Books) #2 in Books > Self-Help > Mid-Life

Customer Reviews

Ready to embark on your Second Act? Need a spark to get you started? In this book, creativity is the path which leads you to your next stage. This is a 12-week course in cultivating your creativity to create a more inspired and authentic life which reflects what is meaningful and joyful for you. Although I've read many of Julia Cameron's books, including her *Artists Way* and sequels, this book hits just right for midlife or retirement and is a refresher course with new wisdom and perspective. You can spend a week on each chapter doing the exercises, and it will ignite new thought. Upon reading it, already I checked out universities to see about getting a master's degree - or maybe even a doctorate - in a subject which fascinates me. I looked at my local continuing ed for dance and art classes. I'm buying a new Journal for Morning Pages and brainstorming possible Artist Dates. The 12-week summer might be a great time to do this course, or fall when school is in the air, or January when you're thinking about doing something different in the New Year. Cameron writes her purpose for this book is to give readers a set of tools to "trigger creative rebirth". Cameron reminds us that Laura Ingalls Wilder wrote her first children's book "Little House in the Big Woods" when she was 64. Many more books followed. Some of the wisdom gleaned from this book: * You shake the apple tree and the universe delivers oranges. * As we open our creative channel to the Creator many gentle but powerful changes are to be expected. * Your life is lived by tiny changes. * The secret of your future is hidden in your daily routine. * Our creative dreams and yearning come from a divine source.

There's definitely a spiritual and/or religious bent to some of the book, but (as a non-religious person) I did not find it overwhelming or annoying. Cameron acknowledges spirituality apart from religion, and spirituality is not the focus of the book. It's more of a tool in a toolbox that she presents. • Morning Pages • are the first tool that Cameron teaches us. She tells us to write three pages every morning, by hand (no computer), stream-of-consciousness style. She provides many anecdotes showing us how people have learned surprising things about themselves (and their relationships, jobs, etc.) through this exercise. I'm a fan of freewriting in general, and although I usually see writing teachers advocate it in smaller amounts, I can see how forcing yourself to fill all three pages would probably bring a lot more to the surface. Her second tool is memoir. You divide your age by the 12 weeks the course is meant to last, and write about that many years each week, starting from the beginning. Again, it's meant to bring things to the surface, make connections

you might not have come up with otherwise, etc. For some people the memoir becomes a purpose and project unto itself. Weekly "artist dates" act as a refueling method. Choose something a little interesting, special, or deliberately out of your comfort zone, and go do it alone. Go to an aquarium or zoo. Enjoy a trip through an art gallery or museum. It's meant to jolt us out of our inertia and boredom; she calls it "assigned play". Then there's something particularly easy: walking (twice a week, for at least twenty minutes at a time). Each week in the book comes with questions to ask yourself, plenty of examples from her students, and tips to get around things that may be blocking you.

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