



Love to create: Befreie den Künstler in dir! (German Edition)

Paro Christine Bolam

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"Kreativität", sagt Paro Bolam, "ist ein Geschenk, das jedem von uns in die Wiege gelegt wird." Leider scheint es den meisten von uns jedoch irgendwann abhanden zu kommen. Ja, wir vergessen oft sogar, dass wir es je besaßen. Kreativ sind anscheinend die anderen, die Künstler, die Begabten, die Genies. In diesem Buch erfahren wir, dass wir alle das Genie, das wir einst besaßen, noch in uns tragen und es wieder freilegen können. Die Erkenntnisse, die wir dafür benötigen, werden logisch und einleuchtend vermittelt.

Als jahrzehntelange Künstlerin, Lehrerin und Erforscherin kreativer Prozesse weiß die Autorin, wovon sie redet. Alles, was sie in diesem Buch erzählt und vermittelt, beruht auf ihren eigenen Erfahrungen und denen ihrer vielen KursteilnehmerInnen - von denen sich einige an dem Buch beteiligt und kleine, lebendige Texte über ihre Erfahrungen beim Malen beigesteuert haben. Das macht Mut und weckt die Erkenntnis, dass jeder von uns anders funktioniert, andere Dinge erlebt, andere Hürden zu meistern hat. Die Prinzipien kreativer Prozesse sind immer gleich, aber wie wir sie erleben (und nutzen können), ist zutiefst individuell.

Die Größe dieses Buches liegt nicht zuletzt darin, die Eigenart eines jeden Menschen zu würdigen und gleichzeitig allgemein gültige Erkenntnisse, Übungen und praktische Lösungen anzubieten. Eine Kreativitäts-, Selbstentdeckungs- und Lebensschule.



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