

Daily Rituals How Artists Work Mason Currey

Eventually, you will unconditionally discover a additional experience and deed by spending more cash. nevertheless when? complete you consent that you require to acquire those every needs subsequent to having significantly cash? Why dont you attempt to get something basic in the beginning? Thats something that will lead you to comprehend even more more or less the globe, experience, some places, as soon as history, amusement, and a lot more?

It is your entirely own grow old to law reviewing habit. among guides you could enjoy now is **Daily Rituals How Artists Work Mason Currey** below.

Funemployed - Justin Heazlewood 2014

Hilariously honest, Justin Heazlewood covers it all - from starting out to giving up, running a business to burning out, the trappings of fame to the benefits of failure. As well as tapping into his ten years as the Bedroom Philosopher, Justin Heazlewood gleans wisdom and insight from interviews with more than 100 fellow artists including Gotye (Wally De Backer), Clare Bowditch, John Safran, Tony Martin, Amanda Palmer, Christos Tsiolkas, Tim Rogers, Adam Elliot and Benjamin Law. Part confessional and part rogue self-help book, *Funemployed* is a landmark title for anyone interested in the making and enjoying of art in Australia.

Daily Rituals: Women at Work - Mason Currey 2019-03-05

More of Mason Currey's irresistible *Daily Rituals*, this time exploring the daily obstacles and rituals of women who are artists--painters, composers, sculptors, scientists, filmmakers, and performers. We see how these brilliant minds get to work, the choices they have to make: rebuffing convention, stealing (or secreting away) time from the pull of husbands, wives, children, obligations, in order to create their creations. From those who are the masters of their craft (Eudora Welty, Lynn Fontanne, Penelope Fitzgerald, Marie Curie) to those who were recognized in a burst of acclaim (Lorraine Hansberry, Zadie Smith) . . . from Clara Schumann and Shirley Jackson, carving out small amounts of time from family life, to Isadora Duncan and Agnes Martin, rejecting the demands of domesticity,

Currey shows us the large and small (and abiding) choices these women made--and continue to make--for their art: Isak Dinesen, "I promised the Devil my soul, and in return he promised me that everything I was going to experience would be turned into tales," Dinesen subsisting on oysters and Champagne but also amphetamines, which gave her the overdrive she required . . . And the rituals (daily and otherwise) that guide these artists: Isabel Allende starting a new book only on January 8th . . . Hilary Mantel taking a shower to combat writers' block ("I am the cleanest person I know") . . . Tallulah Bankhead coping with her three phobias (hating to go to bed, hating to get up, and hating to be alone), which, could she "mute them," would make her life "as slick as a sonnet, but as dull as ditch water" . . . Lillian Hellman chain-smoking three packs of cigarettes and drinking twenty cups of coffee a day--and, after milking the cow and cleaning the barn, writing out of "elation, depression, hope" ("That is the exact order. Hope sets in toward nightfall. That's when you tell yourself that you're going to be better the next time, so help you God.") . . . Diane Arbus, doing what "gnaws at" her . . . Colette, locked in her writing room by her first husband, Henry Gauthier-Villars (nom de plume: Willy) and not being "let out" until completing her daily quota (she wrote five pages a day and threw away the fifth). Colette later said, "A prison is one of the best workshops" . . . Jessye Norman disdaining routines or rituals of any kind, seeing them as "a crutch" . . . and Octavia

Butler writing every day no matter what ("screw inspiration"). Germaine de Staël . . . Elizabeth Barrett Browning . . . George Eliot . . . Edith Wharton . . . Virginia Woolf . . . Edna Ferber . . . Doris Lessing . . . Pina Bausch . . . Frida Kahlo . . . Marguerite Duras . . . Helen Frankenthaler . . . Patti Smith, and 131 more--on their daily routines, superstitions, fears, eating (and drinking) habits, and other finely (and not so finely) calibrated rituals that help summon up willpower and self-discipline, keeping themselves afloat with optimism and fight, as they create (and avoid creating) their creations.

Creative Calling - Chase Jarvis 2019-09-24

Life isn't about "finding" fulfillment and success - it's about creating it.

Why then has creativity been given a back seat in our culture? No longer.

** A Wall Street Journal, Los Angeles Times and Publishers Weekly

Bestseller ** Creativity is a force inside every person that, when unleashed, transforms our lives and delivers vitality to everything we do. Establishing a creative practice is therefore our most valuable and urgent task - as important to our well-being as exercise or nutrition. The good news? Renowned artist, author, and CreativeLive founder, Chase Jarvis, reminds us that creativity isn't a skill—it's a habit available to everyone: beginners and lifelong creators, entrepreneurs to executives, astronauts to zookeepers, and everyone in between. Through small, daily actions we can supercharge our innate creativity and rediscover our personal power in life. Whether your ambition is a creative career, completing a creative project, or simply cultivating a creative mindset, Creative Calling will unlock your potential via Jarvis's memorable "IDEA" system: · Imagine your big dream, whatever you want to create—or become—in this world. · Design a daily practice that supports that dream—and a life of expression and transformation. · Execute on your ambitious plans and make your vision real. · Amplify your impact through a supportive community you'll learn to grow and nurture.

My Morning Routine - Benjamin Spall 2018-05-15

ONE OF AMAZON'S BEST BUSINESS BOOKS OF 2018 ONE OF THE FINANCIAL TIMES BUSINESS BOOKS OF THE MONTH ON RELEASE ONE OF BUSINESS INSIDER'S BEST BUSINESS BOOKS TO READ THIS SUMMER A

guide to the early morning habits that boost your productivity and relax you—featuring interviews with leaders like Arianna Huffington, General Stanley McChrystal, Marie Kondo, and more. Marie Kondo performs a quick tidying ritual to quiet her mind before leaving the house. The president of Pixar and Walt Disney Animation Studios, Ed Catmull, mixes three shots of espresso with three scoops of cocoa powder and two sweeteners. Fitness expert Jillian Michaels doesn't set an alarm, because her five-year-old jolts her from sleep by jumping into bed for a cuddle every morning. Part instruction manual, part someone else's diary, the authors of *My Morning Routine* interviewed sixty-four of today's most successful people, including three-time Olympic gold medalist Rebecca Soni, Twitter cofounder Biz Stone, and General Stanley McChrystal—and offer timeless advice on creating a routine of your own. Some routines are all about early morning exercise and spartan living; others are more leisurely and self-indulgent. What they have in common is they don't feel like a chore. Once you land on the right routine, you'll look forward to waking up. This comprehensive guide will show you how to get into a routine that works for you so that you can develop the habits that move you forward. Just as a Jenga stack is only as sturdy as its foundational blocks, the choices we make throughout our day depend on the intentions we set in the morning. Like it or not, our morning habits form the stack that our whole day is built on. Whether you want to boost your productivity, implement a workout or meditation routine, or just learn to roll with the punches in the morning, this book has you covered.

Make Brilliant Work - Rod Judkins 2021-06-10

'Everyone would benefit from reading Judkins, if only because he is so entertaining . . . packed with counterintuitive insights and hard truths' - Psychology Today *Make Brilliant Work* is an inspiring guide to unlocking your creative potential, showing you the methods and techniques that will transform your efforts and help you achieve your best ever work. You don't have to be brilliant to produce brilliant work. Many of the characters you will meet in this book failed at school, lacked natural talent, were not especially gifted or were repeatedly sacked. But their methods produced brilliant work - and they will work for you, too. *Make Brilliant Work* is the

essential book from Rod Judkins, author of the international bestseller *The Art of Creative Thinking*. Whatever your creative endeavour, you might find it hard to produce something significant and important. The real-life heroes in this book will show you how to make the transformation from ordinary to extraordinary. From Frida Kahlo to Steve Jobs, and star architect Zaha Hadid: the figures in *Make Brilliant Work* will show you how to think for yourself, take risks and persevere to create brilliant work. 'Whatever your creative hang-up, Rod Judkins has steps you can take now . . . An admirably straightforward, no-nonsense guide to getting over yourself and getting to work' - Mason Currey, author of *Daily Rituals: How Artists Work*

Tolstoy Together: 85 Days of War and Peace with Yiyun Li - Yiyun Li
2021-08-10

A reader's companion for Tolstoy's epic novel, *War and Peace*, inspired by the online book club led by Yiyun Li. For the writer Yiyun Li, whenever life has felt uncertain, *War and Peace* has been the novel she turns to. In March 2020, as the pandemic tightened its grip, Li and A Public Space launched #TolstoyTogether, a *War and Peace* book club, on Twitter and Instagram, gathering a community (that came to include writers such as Joyce Carol Oates, Garth Greenwell, and Carl Phillips) for 85 days of prompts, conversation, succor, and pleasure. It was an experience shaped not only by the time in which they read but also the slow, consistent rhythm of the reading. And the extraordinary community that gathered for a moment each day to discuss Tolstoy, history, and the role of art in a time like this. *Tolstoy Together* captures that moment, and offers a guided, communal experience for past and new readers, lovers of Russian literature, and all those looking for what Li identifies as "his level-headedness and clear-sightedness offer[ing] a solidity during a time of duress."

Daily Routine - George Whittaker 2017-03-14

Start Your Day Like A Champion! It is no secret that your morning sets the tone for your entire day. That is why it is crucial that you have a power-driven morning that is completely set to align you for the highest level of success possible. Having a powerful and positive morning routine that

starts you off with the right vibrations is going to absolutely change your life. You will find that every day you lead with your right foot forward, you will feel empowered, positive, and successful before you even begin. There are several methods for you to create a power routine for your mornings, but the formula for a strong morning routine is generally the same. You may wish to make some alterations to make these routines suit you and your unique lifestyle. That is okay, and is a big part of creating your power mornings. After all, you need a routine that feels good to you in order for it to truly start you off on the right foot. Throughout this book, you are going to be lead from the moment you wake up until the moment you are ready to truly start your daily commitments. Each chapter will be dedicated to a certain part of your power morning. It is important to note that a strong power morning starts with a restful night's sleep, which you can learn more about in "Daily Routines: Night Time Routine for Being More Happy, Productive, and Healthy". By combining the skills that you will learn in these two books, you will transform your life in ways you never imagined. You will be more productive, happier, healthier, more vibrant, and more successful in your everyday life and beyond. Here Is A Sneak Peek Of What You Will Learn Fueling Your Mind Fueling Your Body Ways To Lift Your Spirit Waking Up With The Positive Mind Essential Formula To Start The Day And Much Much More... Do Not Wait Any Longer And Get This Book For Only \$13.38!

The Science of Self-Discipline - Peter Hollins 2019-08-13

Your best intentions are not enough. Learn to scientifically engineer a disciplined life, become relentless, and never give up. Whatever you want in your life, self-discipline is the missing piece. Goals will remain dreams if you make the mistake of relying on motivation and your best drawn plans. *The Science of Self-Discipline* is a deep look into what allows us to resist our worst impulses and simply execute, achieve, produce, and focus. Every principle is scientifically-driven and dissected to as be actionable and helpful as possible. You'll learn how top performers consistently exercise self-discipline, as well as what drives us on an instinctual, psychological level to act. This isn't just a book; it's a roadmap to the human psyche and will allow you to accomplish exactly what you set out

to do, every time. When you understand what drives your cravings and the true roots of self-discipline, you'll be able to rise above your temporary discomfort and focus on what really matters. Discover every factor that impacts self-discipline for better or worse. Break free of excuses, distractions, laziness, and temptations. Peter Hollins has studied psychology and peak human performance for over a dozen years and is a bestselling author. He has worked with dozens of individuals to unlock their potential and path towards success. His writing draws on his academic, coaching, and research experience. Beat instant gratification and create limitless motivation. •The biological basis of self-discipline - and why it's beneficial to you. •Discipline tactics for high performers such as Navy SEALs. •Diagnosing what motivates you, what drains you, and what moves you emotionally. •Engineering an environment and social circle that boosts self-discipline. Form productive habits to increase your focus, strengthen your resolve, and stop giving up from boredom or frustration. •Why choosing two marshmallows over one matters. •Four questions for any potential lapse in willpower. •The interplay between habits, motivation, and self-discipline. Self-discipline and willpower will fundamentally change your life.

Daily Rituals - Mason Currey 2020-06-11

'Utterly fascinating' Daisy Goodwin, Sunday Times

Daily Rituals - Mason Currey 2013-04-23

More than 150 inspired—and inspiring—novelists, poets, playwrights, painters, philosophers, scientists, and mathematicians on how they subtly maneuver the many (self-inflicted) obstacles and (self-imposed) daily rituals to get done the work they love to do. Franz Kafka, frustrated with his living quarters and day job, wrote in a letter to Felice Bauer in 1912, “time is short, my strength is limited, the office is a horror, the apartment is noisy, and if a pleasant, straightforward life is not possible then one must try to wriggle through by subtle maneuvers.” Kafka is one of 161 minds who describe their daily rituals to get their work done, whether by waking early or staying up late; whether by self-medicating with doughnuts or bathing, drinking vast quantities of coffee, or taking long daily walks. Thomas Wolfe wrote standing up in the kitchen, the top of the

refrigerator as his desk, dreamily fondling his “male configurations”.... Jean-Paul Sartre chewed on Corydrane tablets (a mix of amphetamine and aspirin), ingesting ten times the recommended dose each day ... Descartes liked to linger in bed, his mind wandering in sleep through woods, gardens, and enchanted palaces where he experienced “every pleasure imaginable.” Here are: Anthony Trollope, who demanded of himself that each morning he write three thousand words (250 words every fifteen minutes for three hours) before going off to his job at the postal service, which he kept for thirty-three years during the writing of more than two dozen books ... Karl Marx ... Woody Allen ... Agatha Christie ... George Balanchine, who did most of his work while ironing ... Leo Tolstoy ... Charles Dickens ... Pablo Picasso ... George Gershwin, who, said his brother Ira, worked for twelve hours a day from late morning to midnight, composing at the piano in pajamas, bathrobe, and slippers.... Here also are the daily rituals of Charles Darwin, Andy Warhol, John Updike, Twyla Tharp, Benjamin Franklin, William Faulkner, Jane Austen, Anne Rice, and Igor Stravinsky (he was never able to compose unless he was sure no one could hear him and, when blocked, stood on his head to “clear the brain”).

Every Person in New York - Jason Polan 2015-08-18

Jason Polan is on a mission to draw every person in New York, from cab drivers to celebrities. He draws people eating at Taco Bell, admiring paintings at the Museum of Modern Art, and sleeping on the subway. With a foreword by Kristen Wiig, *Every Person in New York, Volume 1* collects thousands of Polan's energetic drawings in one chunky book. As full as a phone book and as invigorating as a walk down a bustling New York street, this is a new kind of love letter to a beloved city and the people who live there.

Beyond Training, 2nd Edition - Ben Greenfield 2014-04-15

In this book you will learn: The 2 best ways to build fitness fast without destroying your body Underground training tactics for maximizing workout efficiency The best biohacks for enhancing mental performance and entering the zone How to know with laserlike accuracy whether your body has truly recovered 26 ways to recover quickly from workouts,

injuries, and overtraining
The 25 most important blood and saliva biomarkers and how to test them
5 essential elements of training that most athletes neglect
7 stress-fighting weapons to make your mind-body connection bulletproof
Proven systems to enhance sleep, eliminate insomnia, and conquer jet lag
40 high-calorie, nutrient-dense meals that won't destroy your metabolism
Easy tools for customizing your carbs, proteins, and fats for your unique body
9 ways to fix a broken gut, detox your body, and create a toxin-free life
A complete system to safeguard your immune system and stomach
Simple time-efficiency tips for balancing training, work, travel, and family

Measuring Up - Dan Robson 2021-05-11

SHORTLISTED for the 2022 Rakuten Kobo Emerging Writer Prize “Dan Robson’s book is a heart-wrenching portrait of grief. Anyone who has lost a parent will recognize it, know it intimately as you roll through the stages and finally come to the realization that a parent’s ultimate gift to a child is showing them how to live.”—Tanya Talaga, bestselling author of *Seven Fallen Feathers*
A tender memoir of fathers and sons, love and loss, and learning to fill boots a size too big. Dan Robson’s father is a builder, a fixer. A man whose high-school education is enough not only to provide for his family, but to build a successful business. Rick Robson holds things up. When he dies, nothing in his son’s world feels steady anymore. In a very real sense, the home his father had built is suddenly fragile. Without its natural caretaker, the house will fall to pieces—and his family shows all the same signs of crumbling. Dan is hit especially hard. He knows he is not the man his father was. Dan never learned the blue-collar skills he admired, because his father wanted him to pursue his dream of becoming a writer. Now that his father is gone, the acknowledgment of his sacrifices and the sheer longing to be close to him again in some way draw Dan to the tools that lie unused in the garage. So begins Dan’s year of learning the skills his father’s hands had long mastered, and trying to fill the steel-toe boots left behind. *Measuring Up* is the story of that journey. Robson picks up where his father left off, working on the house and the truck, as much for the family as for himself. In much the same way that Michael Pollan comes to know his house inside-out in *A Place of My Own*, Robson

learns the mysteries and proud satisfaction of plumbing, carpentry, wiring, and drywalling, and comes to understand how our homes are built. He also comes to see how his home was built by his father, uncovering more than one heartbreaking reminder of the kind of man his father was, and what he meant to his family. Tender and unflinching, *Measuring Up* is a story of love, mourning, and what it means to use your calloused hands to make the world around you a better place to live.

[The Creative Habit](#) - Twyla Tharp 2009-03-24

One of the world’s leading creative artists, choreographers, and creator of the smash-hit Broadway show, *Movin’ Out*, shares her secrets for developing and honing your creative talents—at once prescriptive and inspirational, a book to stand alongside *The Artist’s Way* and *Bird by Bird*. All it takes to make creativity a part of your life is the willingness to make it a habit. It is the product of preparation and effort, and is within reach of everyone. Whether you are a painter, musician, businessperson, or simply an individual yearning to put your creativity to use, *The Creative Habit* provides you with thirty-two practical exercises based on the lessons Twyla Tharp has learned in her remarkable thirty-five-year career. In “Where’s Your Pencil?” Tharp reminds you to observe the world -- and get it down on paper. In “Coins and Chaos,” she gives you an easy way to restore order and peace. In “Do a Verb,” she turns your mind and body into coworkers. In “Build a Bridge to the Next Day,” she shows you how to clean the clutter from your mind overnight. Tharp leads you through the painful first steps of scratching for ideas, finding the spine of your work, and getting out of ruts and into productive grooves. The wide-open realm of possibilities can be energizing, and Twyla Tharp explains how to take a deep breath and begin...

[The Little Book of Daily Rituals](#) - Vicki Vrint 2020-01-09

Discover the restorative wonders of daily rituals A ritual is an act of self-care that’s carried out mindfully, and with reverence: a gratitude ritual to relive the high points of your day; a ritual for self-expression to free unexpressed emotions; a candle ritual to focus your mind on peace. With over 80 guided practices to choose from, there is something in this book for every intention. Whether you want to reflect, to recharge your

batteries, or rekindle your motivation, you will find the perfect ritual to refresh your mind, body and spirit.

[If You Want to Write](#) - Brenda Ueland 2013-05-20

Brenda Ueland was a journalist, editor, freelance writer, and teacher of writing. In *If You Want to Write: A Book about Art, Independence and Spirit* she shares her philosophies on writing and life in general. Ueland firmly believed that anyone can write, that everyone is talented, original, and has something important to say. In this book she explains how find that spark that will make you a great writer. Carl Sandburg called this book the best book ever written about how to write. Join the millions of others who've found inspiration and unlocked their own talent.

Make Your Art No Matter What - Beth Pickens 2021-04-06

The Artist's Way for the 21st century—from esteemed creative counselor Beth Pickens. If you are an artist, you need to make your art. That's not an overstatement—it's a fact; if you stop doing your creative work, your quality of life is diminished. But what do you do when life gets in the way? In this down-to-earth handbook, experienced artist coach Beth Pickens offers practical advice for developing a lasting and meaningful artistic practice in the face of life's inevitable obstacles and distractions. This thoughtful volume suggests creative ways to address the challenges all artists must overcome—from making decisions about time, money, and education, to grappling with isolation, fear, and anxiety. No matter where you are in your art-making journey, this book will motivate and inspire you. Because not only do you need your art—the world needs it, too. • **EXPERT ADVICE:** Beth Pickens is an experienced and passionate arts advocate with extensive insight into working through creative obstacles. She has spent the last decade advising artists on everything from financial strategy to coping with grief. • **PRACTICAL AND POSITIVE:** This book is both a love letter to art and artists and a hands-on guide to approaching the thorniest problems those artists might face. Pickens offers a warm reminder that you are not alone, that what you do matters, and that someone out there wants you to succeed. • **TIMELESS TOPIC:** Like a trusted advisor, this book is an invaluable resource jam-packed with strategies for building a successful creative practice. From mixing

business and friendship to marketing yourself on social media, this book can help. And it will—again and again. Perfect for: • Visual artists and makers • Writers, musicians, filmmakers, and other creatives • Art and design school graduates and grad-gift givers

The Upward Spiral - Alex Korb 2015-03-01

Depression can feel like a downward spiral, pulling you into a vortex of sadness, fatigue, and apathy. In *The Upward Spiral*, neuroscientist Alex Korb demystifies the intricate brain processes that cause depression and offers a practical and effective approach to getting better. Based on the latest research in neuroscience, this book provides dozens of straightforward tips you can do every day to rewire your brain and create an upward spiral towards a happier, healthier life. Whether you suffer from depression or just want a better understanding of the brain, this book offers an engaging and informative look at the neuroscience behind our emotions, thoughts, and actions. The truth is that there isn't one big solution to depression, but there are numerous simple steps you can take to alter brain activity and chemistry. Some are as easy as relaxing certain muscles to reduce anxiety, or getting more sunlight to improve your mood. Small steps in the right direction can have profound effects—giving you the power to become your best self as you literally reshape your brain, one small change at a time.

Info We Trust - RJ Andrews 2019-01-03

How do we create new ways of looking at the world? Join award-winning data storyteller RJ Andrews as he pushes beyond the usual how-to, and takes you on an adventure into the rich art of informing. Creating *Info We Trust* is a craft that puts the world into forms that are strong and true. It begins with maps, diagrams, and charts — but must push further than dry defaults to be truly effective. How do we attract attention? How can we offer audiences valuable experiences worth their time? How can we help people access complexity? Dark and mysterious, but full of potential, data is the raw material from which new understanding can emerge. Become a hero of the information age as you learn how to dip into the chaos of data and emerge with new understanding that can entertain, improve, and inspire. Whether you call the craft data storytelling, data visualization,

data journalism, dashboard design, or infographic creation — what matters is that you are courageously confronting the chaos of it all in order to improve how people see the world. *Info We Trust* is written for everyone who straddles the domains of data and people: data visualization professionals, analysts, and all who are enthusiastic for seeing the world in new ways. This book draws from the entirety of human experience, quantitative and poetic. It teaches advanced techniques, such as visual metaphor and data transformations, in order to create more human presentations of data. It also shows how we can learn from print advertising, engineering, museum curation, and mythology archetypes. This human-centered approach works with machines to design information for people. Advance your understanding beyond by learning from a broad tradition of putting things “in formation” to create new and wonderful ways of opening our eyes to the world. *Info We Trust* takes a thoroughly original point of attack on the art of informing. It builds on decades of best practices and adds the creative enthusiasm of a world-class data storyteller. *Info We Trust* is lavishly illustrated with hundreds of original compositions designed to illuminate the craft, delight the reader, and inspire a generation of data storytellers.

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The Victorian and the Romantic - Nell Stevens 2018-08-07

In this tale of two writers, Nell Stevens interweaves her own life as a twenty-something graduate student with that of the English author, Elizabeth Gaskell. Although they are separated by more than 150 years, Nell finds herself drawn to the Victorian novelist by their shared experiences of unrequited love—Gaskell for an American critic she met in

Rome, Nell for a soulful American screenwriter living in Paris. As Nell's romance founders and her passion for academia fails to materialize, she finds herself wondering if the indomitable Mrs. Gaskell might rescue her pursuit of love, family, and a writing career. Lively, witty, and impossible to put down, *The Victorian and the Romantic* is a moving chronicle of two women, each charting a way of life beyond the rules of her time.

The Secret Lives of Introverts - Jenn Granneman 2017-08-01

An introvert guide and manifesto for all the quiet ones—and the people who love them. Is there a hidden part of you that no one else sees? Do you have a vivid inner world of thoughts and emotions that your peers and loved ones can't seem to access? Have you ever been told you're too "quiet," "shy," "boring," or "awkward"? Are your habits and comfort zones questioned by a society that doesn't seem to get the real you? If so, you might be an introvert. On behalf of those who have long been misunderstood, rejected, or ignored, fellow introvert Jenn Granneman writes a compassionate vindication—exploring, discovering, and celebrating the secret inner world of introverts that, only until recently, has begun to peek out and emerge into the larger social narrative. Drawing from scientific research, in-depth interviews with experts and other introverts, and her personal story, Granneman reveals the clockwork behind the introvert's mind—and why so many people get it wrong initially. Whether you are a bona fide introvert, an extrovert anxious to learn how we tick, or a curious ambivert, these revelations will answer the questions you've always had: What's going on when introverts go quiet? What do introvert lovers need to flourish in a relationship? How can introverts find their own brand of fulfillment in the workplace? Do introverts really have a lot to say—and how do we draw it out? How can introverts mine their rich inner worlds of creativity and insight? Why might introverts party on a Friday night but stay home alone all Saturday? How can introverts speak out to defend their needs? With other myths debunked and truths revealed, *The Secret Lives of Introverts* is an empowering manifesto that guides you toward owning your introversion by working with your nature, rather than against it, in a world where you deserve to be heard.

The Mabinogion - 2007-03-01

Celtic mythology, Arthurian romance, and an intriguing interpretation of British history - these are just some of the themes embraced by the anonymous authors of the eleven tales that make up the Welsh medieval masterpiece known as the Mabinogion. They tell of Gwydion the shape-shifter, who can create a woman out of flowers; of Math the magician whose feet must lie in the lap of a virgin; of hanging a pregnant mouse and hunting a magical boar. Dragons, witches, and giants live alongside kings and heroes, and quests of honour, revenge, and love are set against the backdrop of a country struggling to retain its independence. This new translation, the first for thirty years, recreates the storytelling world of medieval Wales and re-invests the tales with the power of performance.

Creating a Life Worth Living - Carol Lloyd 2012-11-20

Dreaming is easy. Making it happen is hard. With a fresh perspective, Carol Lloyd motivates the person searching for two things: the creative life and a life of sanity, happiness and financial solvency. *Creating a Life Worth Living* is for the hundreds of thousands of people who bought Julia Cameron's *The Artist's Way*, but who are looking for more down-to-earth solutions and concrete tasks for achieving their goals. *Creating a Life Worth Living* helps the reader search memory for inspiration, understand his or her individual artistic profile, explore possible futures, design a daily process and build a structure of support. Each of the 12 chapters, such as "The Drudge We Do For Dollars" and "Excavating the Future," contains specific exercises and daily tasks that help readers to clarify their desires and create a tangible plan of action for realizing dreams. The book also provides inspiring anecdotes and interviews with people who have succeeded in their chosen fields, such as performance artist Anna Devere Smith, writer Sally Tisdale and filmmaker R. J. Cutler. The pursuit of one's dreams is one of the great joys in life but also one of the most terrifying. *Creating a Life Worth Living* is an invaluable road map for this journey, guiding readers as they take the first tentative steps that are necessary before they can fly.

Thunder Through My Veins - Gregory Scofield 2019-09-10

Gregory Scofield's *Thunder Through My Veins* is the heartbreakingly

beautiful memoir of one man's journey toward self-discovery, acceptance, and the healing power of art. Few people can justify a memoir at the age of thirty-three. Gregory Scofield is the exception, a young man who has inhabited several lives in the time most of us can manage only one. Born into a Métis family of Cree, Scottish, English and French descent but never told of his heritage, Gregory knew he was different. His father disappeared after he was born, and at five he was separated from his mother and sent to live with strangers and extended family. There began a childhood marked by constant loss, poverty, violence and self-hatred. Only his love for his sensitive but battered mother and his Aunt Georgina, a neighbor who befriended him, kept him alive. It wasn't until he set out to search for his roots and began to chronicle his life in evocative, award-winning poetry, that he found himself released from the burdens of the past and able to draw upon the wisdom of those who went before him. *Thunder Through My Veins* is Gregory's traumatic, tender and hopeful story of his fight to rediscover and accept himself in the face of a heritage with diametrically opposed backgrounds.

The Abundance of Less - Andy Couturier 2017-08-01

Andy Couturier captures the texture of sustainable lives well lived in these ten profiles of ordinary—yet exceptional—men and women who left behind mainstream existences in urban Japan to live surrounded by the luxuries of nature, art, friends, delicious food, and an abundance of time. Drawing on traditional Eastern spiritual wisdom and culture, these pioneers describe the profound personal transformations they underwent as they escaped the stress, consumerism, busyness, and dependence on technology of modern life. This intimate and evocative book tells of their fulfilling lives as artists, philosophers, and farmers who rely on themselves for happiness and sustenance. By inviting readers to enter into the essence of these individuals' days, Couturier shows us how we too can bring more meaning and richness to our own lives.

How the Irish Saved Civilization - Thomas Cahill 2010-04-28

The perfect St. Patrick's Day gift, and a book in the best tradition of popular history -- the untold story of Ireland's role in maintaining Western culture while the Dark Ages settled on Europe. Every year millions of

Americans celebrate St. Patrick's Day, but they may not be aware of how great an influence St. Patrick was on the subsequent history of civilization. Not only did he bring Christianity to Ireland, he instilled a sense of literacy and learning that would create the conditions that allowed Ireland to become "the isle of saints and scholars" -- and thus preserve Western culture while Europe was being overrun by barbarians. In this entertaining and compelling narrative, Thomas Cahill tells the story of how Europe evolved from the classical age of Rome to the medieval era. Without Ireland, the transition could not have taken place. Not only did Irish monks and scribes maintain the very record of Western civilization -- copying manuscripts of Greek and Latin writers, both pagan and Christian, while libraries and learning on the continent were forever lost -- they brought their uniquely Irish world-view to the task. As Cahill delightfully illustrates, so much of the liveliness we associate with medieval culture has its roots in Ireland. When the seeds of culture were replanted on the European continent, it was from Ireland that they were germinated. In the tradition of Barbara Tuchman's *A Distant Mirror, How The Irish Saved Civilization* reconstructs an era that few know about but which is central to understanding our past and our cultural heritage. But it conveys its knowledge with a winking wit that aptly captures the sensibility of the unsung Irish who relaunched civilization. **BONUS MATERIAL:** This ebook edition includes an excerpt from Thomas Cahill's *Heretics and Heroes*.

Runaways - Michael Seidlinger 2021-09-28

In *Runaways: A Writer's Dilemma*, author Michael J. Seidlinger centers a magnifying glass on the creative journey, with an honest and unabashed search into how and why someone would want to be accepted as a writer in a world that might not care. The book's breezy narrative contrasts with the despair that is often triggered by the wasteland of social media and the Internet. This is a story that reminds the reader that they aren't alone in a culture that pressures us to measure our work on a purely capitalistic level, driven by likes, hearts, and money. Like a darker and more skewed literary version of the metaphysical classic, Jonathan Livingston Seagull, Seidlinger's *Runaways: A Writer's Dilemma* shows us how our art, often made in solitary, can be the more important and inspiring part of living. "A

portrait of the writer as a procrastinator, professional self-doubter, caffeine connoisseur, and social-media addict, Runaways wallows in the manifold frustrations of this extravagantly frustrating process--yet it ultimately left this fellow sufferer feeling optimistic and ready to confront the blank page once more." -Mason Currey, author of *Daily Rituals: How Artists Work*

Yes to Life - Viktor E. Frankl 2020-03-23

Find hope even in these dark times with this rediscovered masterpiece, a companion to his international bestseller *Man's Search for Meaning*. Eleven months after he was liberated from the Nazi concentration camps, Viktor E. Frankl held a series of public lectures in Vienna. The psychiatrist, who would soon become world famous, explained his central thoughts on meaning, resilience, and the importance of embracing life even in the face of great adversity. Published here for the very first time in English, Frankl's words resonate as strongly today—as the world faces a coronavirus pandemic, social isolation, and great economic uncertainty—as they did in 1946. He offers an insightful exploration of the maxim “Live as if you were living for the second time,” and he unfolds his basic conviction that every crisis contains opportunity. Despite the unspeakable horrors of the camps, Frankl learned from the strength of his fellow inmates that it is always possible to “say yes to life”—a profound and timeless lesson for us all.

The Hundreds - Lauren Berlant 2018-12-21

In *The Hundreds* Lauren Berlant and Kathleen Stewart speculate on writing, affect, politics, and attention to processes of world-making. The experiment of the one hundred word constraint—each piece is one hundred or multiples of one hundred words long—amplifies the resonance of things that are happening in atmospheres, rhythms of encounter, and scenes that shift the social and conceptual ground. What's an encounter with anything once it's seen as an incitement to composition? What's a concept or a theory if they're no longer seen as a truth effect, but a training in absorption, attention, and framing? *The Hundreds* includes four indexes in which Andrew Causey, Susan Lepselter, Fred Moten, and Stephen Muecke each respond with their own compositional, conceptual,

and formal staging of the worlds of the book.

High Performance Habits - Brendon Burchard 2017-09-19

THESE HABITS WILL MAKE YOU EXTRAORDINARY. Twenty years ago, author Brendon Burchard became obsessed with answering three questions: 1. Why do some individuals and teams succeed more quickly than others and sustain that success over the long term? 2. Of those who pull it off, why are some miserable and others consistently happy on their journey? 3. What motivates people to reach for higher levels of success in the first place, and what practices help them improve the most After extensive original research and a decade as the world's leading high performance coach, Burchard found the answers. It turns out that just six deliberate habits give you the edge. Anyone can practice these habits and, when they do, extraordinary things happen in their lives, relationships, and careers. Which habits can help you achieve long-term success and vibrant well-being no matter your age, career, strengths, or personality? To become a high performer, you must seek clarity, generate energy, raise necessity, increase productivity, develop influence, and demonstrate courage. The art and science of how to do all this is what this book is about. Whether you want to get more done, lead others better, develop skill faster, or dramatically increase your sense of joy and confidence, the habits in this book will help you achieve it faster. Each of the six habits is illustrated by powerful vignettes, cutting-edge science, thought-provoking exercises, and real-world daily practices you can implement right now. If you've ever wanted a science-backed, heart-centered plan to living a better quality of life, it's in your hands. Best of all, you can measure your progress. A link to a free professional assessment is included in the book.

5-HOUR WORKDAY - Stephan Aarstol 2016-06-07

A century ago, Henry Ford saw a sea change in worker productivity. It was the industrial revolution. Where other-s saw only more profits, Ford had a much grander vision. He invented the eight-hour workday, cut his employees' workdays nearly in half and doubled their pay. Productivity and profitability soared. By giving more to his workers, he changed the quality of life of an entire nation. Today, we're in the midst of a massive

productivity shift for knowledge workers. And yet, the eight-hour workday hasn't changed. Until now, that is. This book is about one company that simply asked why. A company that had the courage to try an experiment, toward re-inventing a more sensible, productive, and healthy workday for today's knowledge workers. That company is Tower Paddle Boards, one of the fastest-growing companies in the nation, and one of Mark Cuban's best Shark Tank investments. In this book, you'll learn how the five-hour workday: Improves business operations, efficiency, and profitability
Attracts the brightest minds, the hardest workers, and the best performers
Stimulates employee performance and increases retention rates
Can be implemented and tested at your company, temporarily and without risk
Can change your life into something better than you ever imagined possible

Rest - Alex Soojung-Kim Pang 2016-12-06

Sit back and relax and learn about why overworking and under resting can be harmful to yourself and your career. "Rest is such a valuable book. If work is our national religion, Pang is the philosopher reintegrating our bifurcated selves."---Arianna Huffington, New York Times Book Review
Overwork is the new normal. Rest is something to do when the important things are done-but they are never done. Looking at different forms of rest, from sleep to vacation, Silicon Valley futurist and business consultant Alex Soojung-Kim Pang dispels the myth that the harder we work the better the outcome. He combines rigorous scientific research with a rich array of examples of writers, painters, and thinkers---from Darwin to Stephen King---to challenge our tendency to see work and relaxation as antithetical. "Deliberate rest," as Pang calls it, is the true key to productivity, and will give us more energy, sharper ideas, and a better life. Rest offers a roadmap to rediscovering the importance of rest in our lives, and a convincing argument that we need to relax more if we actually want to get more done.

Bots and Beasts - Paul Thagard 2021-10-19

An expert on mind considers how animals and smart machines measure up to human intelligence. Octopuses can open jars to get food, and chimpanzees can plan for the future. An IBM computer named Watson

won on Jeopardy! and Alexa knows our favorite songs. But do animals and smart machines really have intelligence comparable to that of humans? In *Bots and Beasts*, Paul Thagard looks at how computers ("bots") and animals measure up to the minds of people, offering the first systematic comparison of intelligence across machines, animals, and humans. Thagard explains that human intelligence is more than IQ and encompasses such features as problem solving, decision making, and creativity. He uses a checklist of twenty characteristics of human intelligence to evaluate the smartest machines--including Watson, AlphaZero, virtual assistants, and self-driving cars--and the most intelligent animals--including octopuses, dogs, dolphins, bees, and chimpanzees. Neither a romantic enthusiast for nonhuman intelligence nor a skeptical killjoy, Thagard offers a clear assessment. He discusses hotly debated issues about animal intelligence concerning bacterial consciousness, fish pain, and dog jealousy. He evaluates the plausibility of achieving human-level artificial intelligence and considers ethical and policy issues. A full appreciation of human minds reveals that current bots and beasts fall far short of human capabilities.

The Value of Debt in Building Wealth - Thomas J. Anderson 2017-02-06

The book of financial wisdom that your future self will thank you for reading For many adults under 40, 'debt' is a four-letter word—something that should be avoided but is all too often unavoidable. In *The Value of Debt in Building Wealth*, bestselling author Thomas J. Anderson encourages you to rethink that. You'll walk away from this book with an understanding of how you can use debt wisely to secure the financial future you envision for yourself and your family. Student loans, mortgages, lines of credit, and other forms of debt are all discussed in detail, with a focus on smart planning for those who are accumulating assets—and debt—now. Should you rent or buy? How important is liquidity? What is good versus bad debt? How much debt should you have? What debt-to-income and debt-to-asset ratios should you aim for? Fixed debt or floating debt? What's the best way of saving for college and retirement? These are big questions that deserve thorough answers because the choices you make now could influence the course of your life.

This thought-provoking book will open your eyes to savvy financial strategies for achieving your goals faster and with healthier bank accounts. Explore strategies for smart debt management, explained by one of the nation's top financial advisors Gain an understanding of investment basics and key financial concepts you'll need to achieve your long-term goals Understand the risks of having debt and the potential risks of being debt-free Make financial decisions now that will maximize your wealth, freedom, and opportunity later This book is not about buying things you cannot afford. It is about liquidity, flexibility and optimizing your personal balance sheet. The Value of Debt in Building Wealth is full of ideas you can apply to your own situation—no matter what your current asset level. Read this book today and thank yourself later.

Peter Hujar's Day - Linda Rosenkrantz 2021-10

In 1974, Linda Rosenkrantz asked her friend Peter Hujar to write down everything he did on the day of December 18. The following day, Hujar met Rosenkrantz at her apartment on 94th street. She asked him in detail about the happenings of December 18 and tape-recorded their conversation. This book is a full transcript of that exchange, published for the first time since it was recorded 47 years ago.

Good Prose - Tracy Kidder 2013

The Pulitzer Prize and National Book Award-winning author of *House* and the editor of *Atlantic Monthly* share stories from their literary friendship and respective careers, offering insight into writing principles and

mechanics that they have identified as elementary to quality prose.

Artists' Letters - Michael Bird 2019-10-22

Artists' Letters is a treasure trove of carefully selected letters written by great artists, providing the reader with a unique insight into their characters and a glimpse into their lives. Arranged thematically, it includes writings and musings on love, work, daily life, money, travel and the creative process. On the theme of friendship, for example, letters provide evidence of a creative community between peers, with support and mutual appreciation that helps to dispel the myth of the artist as solitary genius. Letters between Vincent van Gogh and Paul Gauguin show an ongoing conversation and exchange of ideas. We see mutual admiration between Claude Monet and Berthe Morisot, and Picasso's quick notes to Jean Cocteau illustrate their closeness. Correspondence, some of which includes sketches and drawings, is reproduced with the transcript and some background and contextual information alongside. The book brings together a collection of treasures found in letters, which in our digital age are an increasingly lost art.

Our Endless and Proper Work - Ron Hogan 2021-04-20

De Kooning - Mark Stevens 2004

Traces the career of abstract expressionist Willem De Kooning, discussing his personal life with wife Elaine Fried, and his battle with alcoholism and Alzheimer's disease.