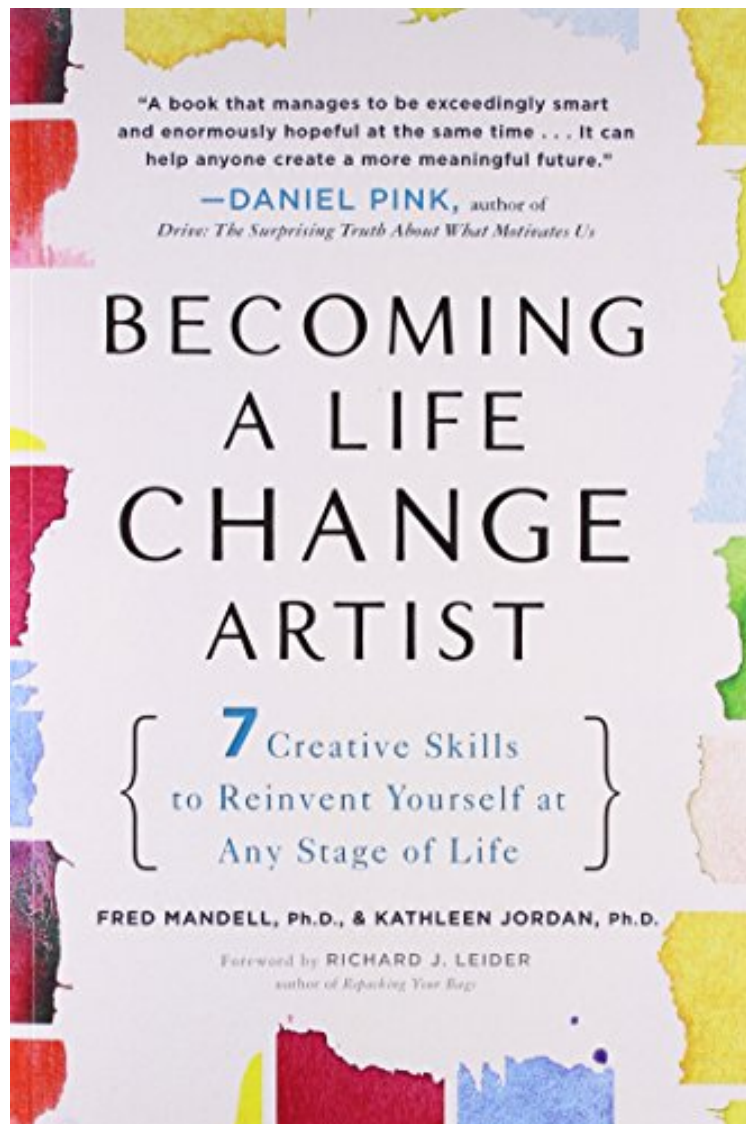


(Free and download) Becoming a Life Change Artist: 7 Creative Skills to Reinvent Yourself at Any Stage of Life

Becoming a Life Change Artist: 7 Creative Skills to Reinvent Yourself at Any Stage of Life

Fred Mandell, Kathleen Jordan

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Fred Mandell, Kathleen Jordan : Becoming a Life Change Artist: 7 Creative Skills to Reinvent Yourself at Any Stage of Life before purchasing it in order to gauge whether or not it would be worth my time, and all praised Becoming a Life Change Artist: 7 Creative Skills to Reinvent Yourself at Any Stage of Life:

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The Artist's Way meets What Color is Your Parachute? in an innovative approach to reinventing yourself at any stage of life. Leonardo da Vinci, Monet, Picasso, and Berthe Morisot are some of the most creative thinkers in history. What do these artists have in common with you? More than you think, if you're looking to tackle a major life transition. The skills these artists used to produce their masterpieces are the same abilities required to make successful shifts-whether it's finding a new career or a new purpose or calling in life. In Becoming a Life Change Artist, Fred Mandell and Kathleen Jordan share the groundbreaking approach made popular in their workshops across the country. There are seven key strengths that the most creative minds of history shared, and that anyone rethinking their future can cultivate to change their life effectively: *Preparing the brain to undertake creative work *Seeing the world and one's life from new perspectives *Using context to understand the facets of one's life *Embracing uncertainty *Taking risks *Collaborating *Applying discipline * As Mandell and Jordan illuminate, at its heart, making a major life change is a fluid process. But, armed with these seven key skills, anyone can overcome the bumps and obstacles effectively. With targeted exercises throughout, this is a book for all ages and stages-from those looking to transition to a new career to people embarking on retirement. Becoming a Life Change Artist sparks the luminous creativity that lies within each of us.

"Beautifully and skillfully written, this book manages to warm your heart and inspire the creative genius in us all. Deciding to make changes in your life is never easy, but this book will give you the courage and the creative tools to do so." -Eva Selhub, M.D., clinical instructor of medicine at Harvard Medical School and author of The Love Response: Your Prescription to Turn Off Fear, Anger, and Anxiety to Achieve Vibrant Health and Transform Your Life "Fred Mandell and Kathleen Jordan do a masterful job painting a picture of midlife transitions, all too often do-it-yourself projects fraught with as many roadblocks as opportunities. This book helps ease the burden of going solo. It's your map to a successful encore." -Marc Freedman, Founder and CEO, Civic Ventures "Fred Mandell and Kathleen Jordan have created a book that manages to be exceedingly smart and enormously hopeful at the same time. With personal stories that will stir your heart and exercises that will strengthen your skills, Becoming a Life Change Artist can help anyone create a more meaningful future." -Daniel Pink, author of Drive and A Whole New Mind "This is a passionate and compassionate guide to what making art can teach us about making change, and a navigational chart to what may be the ultimate art project: creating an inspired and purposeful life. This book itself is an inspiration." - Gregg Levoy, author of Callings: Finding and Following an Authentic Life "Fred Mandell and Kathleen Jordan bring a fresh idea to the literature of reinvention -- using the skills of successful artists as a model for how to respond to the sparks that tell us it is time for some kind of life shift. ?Anyone with a creative urge will be grateful for this book. "Becoming a Life Change Artist" is a godsend not just for would- be artists, but also for anyone on the path to a more fully realized or authentic life." -Marci Alboher, author One Person/Multiple Careers and former Shifting Careers columnist/blogger for the New York Times "Fred Mandell and Kathleen Jordan's book is a message reminding us that creativity is ageless. An important contribution and an inspiration to us all." Harry R. Moody, Director of Academic Affairs, AARPA
About the AuthorFred Mandell, PhD, is a speaker and personal transformation consultant. His Life Change Studio workshops are conducted nationally, and he is the coauthor, with Kathleen Jordan, of Becoming a Life Change Artist. He lives in Massachusetts.Kathleen Jordan, PhD, is a psychologist and business innovation adviser. She is the coauthor, with Fred Mandell, of Becoming a Life Change Artist. She is based in Boston, Colorado Springs, and St. Augustine, Florida.