

Inspirational Books

“The Artist’s Way” - Julia Cameron
“Wired to Create” - Scott Barry Kaufman & Carolyn Gregoire
“Belonging” - Toko-pa Turner
“Big Magic” - Elizabeth Gilbert
“Creativity” - Matthew Fox
“The Creative Habit” - Twyla Tharp
“The Creativity Cure” - Carrie Barron & Alton Barron
“The Art Therapy Sourcebook” - Cathy A. Malchiodi
“Handbook of Art Therapy” - Cathy A. Malchiodi
“Expressive Therapies Continuum” - Lisa D. Hinz
“The Infinite Artist: Wisdom and Practical Advice for Living Your Creative Calling” - Douglas Paul Smith
“Find Your Artistic Voice” , “ Art Inc. “ , “Draw 500 Fabulous Flowers” , “ 20 Ways to Draw a Tulip” - Lisa Congdon
“Evolve Your Brain”, “You Are the Placebo”, “Breaking the Habit of Being Yourself”, “Becoming Supernatural” - Dr. Joe Dispenza
“Art Money Succes” - Maria Brophy
“Real Artists Don’t Starve” - Jeff Goins
“Art Forms in Nature” - Ernst Haeckel

Articles on Overcoming Fears and Creative Blocks

<https://www.goodlifeproject.com/podcast/lisa-congdon-voice/>
<https://www.creativelive.com/blog/what-is-creativity/>
https://www.ted.com/talks/mihaly_csikszentmihalyi_flow_the_secret_to_happiness/up-next
<https://skinnyartist.com/11-things-that-scare-creative-artists/>
<https://www.shifftthework.com/blog/how-to-improve-workplace-success-through-creativity>
<https://www.podiumcoaching.com/put-a-name-to-the-fear-thats-blocking-your-creativity/>
<https://skinnyartist.com/11-things-that-scare-creative-artists/>
<https://www.referralcandy.com/blog/eliminating-creative-anxiety-for-content-marketers/>
<https://jamesclear.com/overcome-fear>
<https://adelesypesteynstudio.com/blog/2018/5/21/how-to-overcome-the-fear-of-creating-art>
<http://www.currentliving.com/categories/inspiration/falter.barnes/creativity.7lessons.shtml>
<http://www.creativity-portal.com/howto/a/artists.block.html>
<https://www.inc.com/peter-economy/stuck-in-a-creative-block-here-are-5-most-effective-ways-to-break-through-it-right-now.html>
<https://www.brainpickings.org/2014/02/28/creative-block-krysa/>
<https://www.liveabout.com/tips-from-painters-on-creative-blocks-2573761>
<https://www.artsy.net/article/artsy-editorial-5-ways-artists-overcome-creative-block>
<https://www.artistsnetwork.com/art-inspiration/art-therapy-how-to-overcome-artists-block/>
<https://www.artistsnetwork.com/magazine/overcoming-creative-blocks/>
<https://nancyhillis.com/youre-afraid-juice/>