



The Artist's Way Workbook

Julia Cameron

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For the millions of people who have uncovered their creative selves through the *Artist's Way* program-a workbook and companion to the international bestseller.

A life-changing twelve-week program, *The Artist's Way* has touched the lives of millions of people around the world. Now, for the first time, fans will have this elegantly designed and user-friendly volume for use in tandem with the book. *The Artist's Way Workbook* includes:

- more than 110 *Artist's Way* tasks;
- more than 50 *Artist's Way* check-ins;
- a fascinating introduction to the workbook in which Cameron shares new insights into the creative process that she has culled in the decade since *The Artist's Way* was originally published;
- new and original writings on Morning Page Journaling and the Artist's Date-two of the most vital tools set forth by Cameron in *The Artist's Way*.

The Artist's Way Workbook is an indispensable book for anyone following the spiritual path to higher creativity laid out in *The Artist's Way*.

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