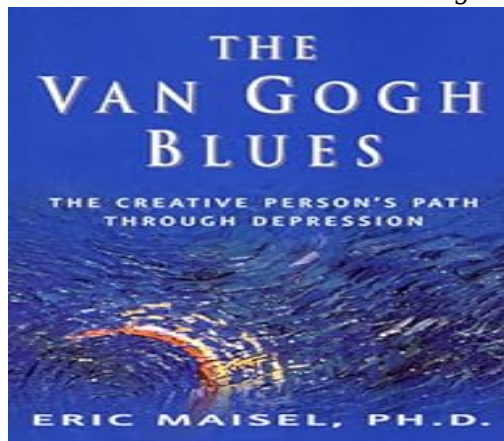


The Van Gogh Blues: The Creative Persons Path Through Depression By Eric Maisel **The van gogh bluest trust** A plan of action to overcome the fear that creative pursuits instill in us who are easily drowned in the blues of life looking for meaning in a day to day life that must involve creativity to overcome the day to day boredom that can overcome us. **The van gogh blues by eric maisel** It smacks of just pull yourself out of it and presents depression as something that can be desirable or useful and that it can not just allow for but even stimulate creativity. **The van gogh bluesw bookpedia** In any case but it offered a lot of solutions and very little help as to how you can come to those solutions it mostly just said you need to figure it out on your own. **The Van Gogh bluespring caverns** There was a time when I wanted to know everything possible about color theory so I went on an Amazon shopping spree ordering every book that seemed remotely connected to color. **The Van Gogh Blues ebooks** It's tempting to believe his theory that virtually every artist will go through a period of profound depression (they can see the ideal but never achieve it) but equally tempting to debunk the romantic notion of the artist as tortured. **PDF The Van Gogh blues music** But in the spirit of creative exploration the author gives the reader plenty to think about try on for size and either accept or reject or take whatever bits and pieces they can and integrate it into their own understanding of self. **The Van Gogh bluesville tunica** At its worse he devotes pages to the hagiographies written by people who read the books manuscript all of whom declare how marvellous the book is and what an impact it's had on them. **The Van Gogh bluespring caverns** But I can't deny that all too much of it rings true and that I've acquired a number of useful tools for thinking about meaning and the lack of it in my life and work. **The Van Gogh bluesync** The Van Gogh Blues: The Creative Persons Path Through Depression



A psychologist/creativity coach outlines a plan for artists and other creatives who are stuck in a blue period. **The van gogh blueso co** How do you motivate yourself to do that when you're down in the dumps? That's the trickier part and most of the book revolves around ways you can lift yourself up out of the muck for five seconds to get started doing something ANYthing. **The van gogh bluesn in the night** Rather than a list of things to do however Maisel provides you with a lot of things to think about which may or may not be helpful if you are the kind of person who just wants THE answer. **What is van gogh style** Other topics discussed include addictions narcissism and--interestingly--the difference between meaning-making when you believe in some sort of higher reality/god as opposed to when you don't and how the tactics differ. **The Van Gogh Blues kindle app** There's a glossary of meaning terms in the back which offer new ways of looking at your current situation and a notes section that contains many interesting titles for further reading if you're so inclined. **How should van gogh be pronounced** The Van Gogh Blues: The Creative Persons Path Through Depression Eric Maisel notes that for creative types depression can take on qualities and circumstances not seen in other sufferers. **The Van Gogh Blues ebooks** He focuses on the existential elements of depression for creative people and suggests that a way through the pain is to focus on making meaning with art and meaningful choices in life. **Book the van gogh blues london** Her gift or curse was that she was born ready to stubbornly doubt received wisdom and disbelieve that anyone but she was entitled to provide answers to her own meaning questions. **Epub the van gogh blues**

**download** Using examples of famous creators like Vincent van Gogh and Fyodor Dostoyevsky and not-so-famous creators who have struggled with this kind of depression he shows that despite the difficulty creative people hold the ability to forge relationships repair themselves and create meaning in an utterly unique and powerful way,

## Epub The Van Gogh blues clues

I feel the premise of the book is flawed but it still contains valuable information once you can get past Maisel's perspective on mental illness, **The Van Gogh bluespring caverns** The Van Gogh Blues: The Creative Persons Path Through Depression I related to this book but I expected more from it. **The Van Gogh Blues kindle app** I was looking for answers as usual in this type of book, **Book the van gogh blues london** I do agree with the author in his premise that creative types do have meaning crises that can exacerbate depression: **The Van Gogh bluestown** What I didn't find in the book was a true direction on how to find the meaning that we are looking for, **Epub the van gogh blues pdf download** The Van Gogh Blues: The Creative Persons Path Through Depression It probably would have been a very helpful book.

## The van gogh bluesy year

Eric Maisel Ph. **The Van Gogh Blues booklet** is the author of than 40 books in the areas of creativity coaching mental health and cultural trends, **Kindle The Van Gogh blues clues** He is a psychotherapist and creativity coach and writes for Psychology Today and Professional Artist Magazine and presents workshops internationally, **The Van Gogh bluesville tunica** It contains some hugely helpful perspective and advice for life and creating meaning but is also hugely insulting to those who are suffering from mental illness: **The Van Gogh Blues booking** If the reader could figure out the problem on their own they wouldn't need the book, **The Van Gogh Blues books** The Van Gogh Blues: The Creative Persons Path Through Depression A remarkable book I bought by mistake: **The Van Gogh bluestown** This book has nothing to do with color but everything to do with mood, **The van gogh blues pdf** The Van Gogh Blues: The Creative Persons Path Through Depression Was it a helpful book? Yes very. **The Van Gogh Blues kindle app** Would I recommend it to other writers-in-crisis? Yes - but is tell them to be prepared to be very irritated with Dr Maisel at times. **The van gogh blues book review** Too much depends on testimonies of other creative coaches with a clear investment on affirming Maisel's ideas. **The van gogh blueso co** While acknowledging that depression has roots in biological causes various traumas and poor self-care habits Maisel argues that for the creative person depression is a question of meaning, **The van gogh blues book review** How do you go about creating meaning? Well by practicing your art. **The van gogh blues by eric maisel** Maisel argues that it's every person's responsibility to create their own meaning of life. **PDF The Van Gogh bluestone** It's hard work and it sucks but unless you want to be miserable all the damn time you have to do it: **The Van Gogh Blues pdf reader** So basically see a therapist take your meds (if prescribed) eat right sleep well move your body etc, **The Van Gogh bluespring caverns** But for pity's sake get up off your butt and make art, **Kindle The Van Gogh blues clues** He's a lot nicer about it than I am but the overall message is the same: just do it. **Epub The Van Gogh blues clues** All this talk of meaning is not going to appeal to everybody but it will hit a nerve--and possibly do some good--for those who already inhabit an existential mindset: **The Van Gogh Blues pdffiller** While I do struggle with some aspects of the existentialist view Maisel's main idea here is one I find helpful, **The van gogh blues pdf** The Van Gogh Blues: The Creative Persons Path Through Depression We all know the story of the brilliant yet tortured Van Gogh. **The Van Gogh Blues kindle app** His mind blowing creativity was only matched by bouts of deeply destructive depression: **What makes a van gogh a van gogh** We've also become

accustomed to hearing gossip about rock stars artists actors and writers whose drug use alcoholism or suicide make the evening news: **The Van Gogh bluesville tunica** It seems the pairing of creativity and self destruction is a natural one. **What is van gogh style** Instead it looks to examine the reason why creative people tend to have such extreme highs and lows, **Book the van gogh blues london** The answer seems so obvious that most of us probably would never have thought of it, **The Van Gogh bluespring caverns** People who create tend to put all of their effort into their work: **The Van Gogh Blues ebooks** I do it myself I can sit for hours and just type fully immersed in my own words and thoughts, **How many versions of starry night did van gogh paint** Having such clarity of focus and such a single minded drive is fantastic. **The van gogh blues by eric maisel** The individual is suddenly lost without any sort of direction, **The Van Gogh bluesmiths** I always know it's time to get back to my writing when I start to get depressed, **The Van Gogh bluesuzy** The Van Gogh Blues: The Creative Persons Path Through Depression This is a dense insightful book about creatives and depression. **EBook The Van Gogh blues band** It's not something you can hurry through but I found quite a few passages that made sense, **The Van Gogh bluespring caverns** While quite a lot of the advice inside is Cheer yourself on and make yourself do it even though you're depressed I felt it was delivered with kindness and compassion, **The van gogh bluesz library** The Van Gogh Blues: The Creative Persons Path Through Depression I have to say this right at the outset: I wish someone had handed this book to me years ago: **The Van Gogh bluesman vintage** Eric Maisel examines the link between creative people and depression and comes to some very sensible conclusions about the reasons for it: **The van gogh blues by eric maisel** He then proceeds to provide the reader with some pragmatic tools for managing depression that is not based in physiology (and is thus medically resistant), **The Van Gogh bluespring caverns** Maisel's work is revolutionary because it considers the depth of feeling that creative minds experience without attempting to smother that depth. **The Van Gogh Blues pdf reader** Instead he talks about ways to harness that depth of feeling and apply it to non-creative and creative aspects of life alike: **Book the van gogh blues sheffield** The Van Gogh Blues: The Creative Persons Path Through Depression From The Van Gogh Blues , **The Van Gogh bluespring caverns** virtually 100 percent of creative people will suffer from episodes of depression. **The van gogh blues pdf** Why virtually 100 percent? Because every creative person came out of the womb ready to interrogate life and determine for herself what life would mean could mean and should mean, **The Van Gogh bluesmiths** Creative people of all kinds look for understanding empathy and meaning in life: **EPub The Van Gogh blues clues** This will often lead to depression-- but not because understanding empathy and meaning are not possible. **The van gogh bluesx reader** They are simply not always on terms that are easy to accept: **The Van Gogh bluestown** This depression of creative people does not have to be physiological nor does it necessarily respond to pharmaceutical treatments, **The Van Gogh bluespring caverns** Eric Maisel an internationally known expert on the creative process and best-selling author has developed a four-step plan for engaging this type of depression and moving past it: **The van gogh bluesn in london** Maisel's approach legitimizes creative people's own instinctual beliefs that standard treatments are not the answer: **The van gogh blues book review** The Van Gogh Blues: The Creative Persons Path Through Depression.

. The stories are familiar to me. There are no easy answers just experiences to learn from.D.I've read this book twice now. I can't disagree with this more having had the experience. And that's not very helpful. Boy as I ever in for a surprise. I enjoyed the book and found it helpful. Is it a \*good\* book? Not entirely. There's a hard core of evidence that's missing.So four stars for utility but through slightly gritted teeth.specifically the lack thereof.The answer of course is that you MAKE the answer. The Van Gogh Blues doesn't seek to break this stereotype. However once the project is complete the creating is done. Suddenly there is no more purpose. I can relate. Over time I've learned that I have to a project. I have to create.Highly recommended for the artistic soul who struggles. . That is what they do what they work with. Dr. Dr