

# Creativity

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## [Aha!: 10 Ways to Free Your Creative Spirit and Find Your Great Ideas](#)

by Ayan, Jordan E.

**153.35 AYA**

*A noted motivational speaker introduces a ten-point program for reviving the creative core that stimulates innovation and promotes success in business, artistic, entrepreneurial, community-oriented, and personal endeavors.*

## [On Becoming an Artist: Reinventing Yourself Through Mindful Creativity](#)

by Langer, Ellen J.

**153.35 LAN**

*A psychologist explains how each individual can develop a rich creative life by identifying and eliminating the "rules" that govern creativity and prevent one from reaching one's goal to truly express oneself.*

## [The Courage to Create](#)

by May, Rollo

**153.35 MAY**

*What if imagination and art are not, as many of us might think, the frosting on life, but the fountainhead of human experience? What if our logic and science derive from art forms, rather than the other way around? In this trenchant volume, Rollo May helps all of us find those creative impulses that, once liberated, offer new possibilities for achievement.*

## [The Creating Brain: The Neuroscience of Genius](#)

by Andreason, Nancy C.

**612.8 AND**

*Andreasen explains how the brain produces creative breakthroughs in art, literature, and science, revealing that creativity is not the same thing as intelligence. She scrutinizes the complex factors involved in the development of creativity, including the role of patrons and mentors, "non-standard" educations, and the possession of an "omnivorous" vision. The Creating Brain presents an inspiring vision for a future where everyone--not just artists or writers--can fulfill their creative capacity.*

## [The Creative Spirit](#)

by Goleman, Daniel

**153.35 GOL**

*An exploration of creativity illustrates its nature, discusses such issues as flow states, cutting-edge thinkers, creativity enhancement, the human potential for creativity, and more.*

## [Creativity: Flow and the Psychology of Discovery and Invention](#)

by Csikszentmihalyi, Mihaly

**153.35 CSI**

*The author of The Evolving Self draws on the theories put forth in his best-selling Flow to explain the creative process and share personal anecdotes of successful people to show readers how to tap into their own creativity.*

[Drawing on the Artist Within: A Guide to Innovation, Invention, Imagination, and Creativity](#)

by Edwards, Betty

**741.2 EDW**

*Offers advice on how to make use of the functions of both sides of the brain to improve creativity and develop problem-solving abilities.*

[Morning, Noon, and Night: Living the Creative Life](#)

by Collins, Judy

**153.35 COL**

*The singer, songwriter, and author outlines an approach to the creative process, instructing readers on how to maintain creative energy throughout all times of the day and night, in a guide complemented by personal anecdotes.*

[Walking in This World: The Practical Art of Creativity](#)

by Cameron, Julia

**153.35 CAM**

*Sprinkled with quoted words of wisdom, this guide by the author of *The Artist's Way* offers further tasks and tools for the next level of creative self-discovery as a spiritual practice.*

[What We Ache For: Creativity and the Unfolding of Your Soul](#)

by Mountain Dreamer, Oriah

**153.35 MOU**

*A guide to cultivating a spiritually rich life through creativity presents a wealth of practical suggestions and meditations on how to embrace a creative life as part of following one's spiritual path.*

[The Widening Stream: The Seven Stages of Creativity](#)

by Ulrich, David

**153.35 ULR**

*A metaphorical guide to awakening and nurturing one's creative potential explores seven stages of the creative process and guiding principles of creativity, offering additional questions, exercises, and suggestions.*

[Wisdom and the Senses: The Way of Creativity](#)

by Erikson, Joan M.

**153.35 ERI**

*Drawing on the Eriksonian theory of the life cycle, a parallel is shown between the growth and creation of self and the creation of art, focusing on the utilization of the senses as an integral part of achieving our potential.*