



## Unlock the Blocks: 25 Keys to Increase Your Creativity, Productivity and Self-Esteem

By Rachel Ballon

Write Word Press, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.What or who is blocked-your project or you? Specializing in struggling ventures and troubled creatives, Rachel Doc Hollywood Ballon, MFT, PhD, leads you through twenty-five therapy sessions, complete with writing exercises, that will help you break through the barriers that are holding you back-in life and in your writing or other artistic endeavors. Rather than simply offer quick-fix tricks to temporarily overcome common surface issues such as procrastination and perfectionism, Unlock the Blocks digs deep, inviting you to explore the core problems that have trapped you in a negative spiral of self-defeating beliefs and low self-esteem. As you learn how to practice free-flowing Ballon Writing Method and reconnect with your childlike sense of wonderment, you ll slowly-but surely-clear your creative path of impediments. Getting unstuck is a process, but once you know the strategies that free up your productivity you can move forward with the confidence that your creative possibilities are endless. Like Julia Cameron s The Artist s Way, this is an invaluable resource for writers and anyone else who wants to tap into artistic...



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