

Insanely Gifted: Turn Your Demons into Creative Rocket Fuel

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Reviews

Definitely one of the better publication I have got possibly read. It really is writter in basic phrases and not difficult to understand. You wont sense monotony at anytime of your respective time (that's what catalogs are for about if you request me). (Darion Lowe)

INSANELY GIFTED: TURN YOUR DEMONS INTO CREATIVE ROCKET FUEL



Canongate Books, 2017. Soft cover. Condition: New. It's time to unleash your genius From infancy we are taught to edit ourselves, trimming out the darker, weirder, less acceptable parts in order to please others. But this addiction to approval is holding us back. What if we dare to be our real selves, honestly and fully? Insanely Gifted is full of techniques and games to transform our thinking and turn our inner demons into allies. Jamie Catto, creative force behind Faithless and 1 Giant Leap, and leader of personal development workshops for more than a decade, teaches us to better know our deepest instincts - and unlock our true power.

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