



## The Artist's Way Morning Pages Journal: A Companion Volume to the Artist's Way

By Julia Cameron

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**Julia Cameron** keeps row after row of journals on the wooden bookcase in her writing room, all containing Morning Pages from more than twelve years of her life. The journals, she says, listen to her. They have been company on travels, and she is indebted to them for consolation, advice, humor, sanity. Now the bestselling author of *The Artist's Way* offers readers the same companion, in which we may discover ourselves, our fears and aspirations, and our life's daily flow. Readers will find privacy, a portable writing room, where our opinions are for our own eyes. Morning Pages prioritize the day, providing clarity and comfort. With an introduction and instructions on how to use this journal, by Julia Cameron, readers will uncover the history of their spirits as they move their hands across the universe of their lives.

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## **The Artist's Way Morning Pages Journal: A Companion Volume to the Artist's Way** By Julia Cameron Bibliography

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### Editorial Review

#### Amazon.com Review

The idea behind Julia Cameron's *The Artist's Way* is that by writing three pages, longhand and stream-of-consciousness, first thing in the morning, you can overcome the obstacles that stop you from becoming your most creative self. This works partly because it forces you to create something (even if it is just a long list of gripes) every single day. It doesn't take much time. You're not even supposed to think. But the act itself gets you past all that self-defeating fretting about why you think you aren't a creative person. Cameron sees her morning pages as "a form of meditation," as "spiritual windshield wipers."

While Cameron touts the morning pages as a way of life, she suggests you start out doing them as part of a "twelve-week program to recover your creativity." If you would like to keep your first twelve weeks of morning pages together in one tidy place, *The Artist's Way Morning Pages Journal* is a fine tool for doing so. Each nearly blank page features an inspiring quotation from *The Artist's Way*: "Leap, and the net will appear," says one; "Creativity lies not in the done but in doing," reminds another. We should mention that many of these little inspirations include references to God, which may be troublesome even for spiritual atheists. --Jane Steinberg

#### Review

#### Praise for *The Artist's Way*

"This book has been around for a long time, and I hope it sticks around forever. It guides the reader through a fascinating (and fun) 12-week-long program of exercises and explorations that help loosen up one's artistic self. It takes you on a journey that will cost you nothing (aside from the guidebook) and it brings much insight, gently helping you see what is holding you back, and showing you how to move forward. Three times in the last decade I've committed to doing The Artist's Way's program, and each time I've learned something important and surprising about myself and my work. Just to show how influential it's been to me—the first time I did the program, I had decided by end of it that I wanted to 1) travel to Italy and learn Italian, 2) Go to an ashram in India, and 3) Return to Indonesia to study with the old medicine man I'd once met there. We all know what *that* decision led to. . . Without *The Artist's Way*, there would have been no *Eat, Pray, Love*."

—Elizabeth Gilbert

"*The Artist's Way* by Julia Cameron is not exclusively about writing—it is about discovering and developing the artist within, whether a painter, poet, screenwriter, or musician—but it is a lot about writing. If you have always wanted to pursue a creative dream, have always wanted to play and create with words or paints, this book will gently get you started and help you learn all kinds of paying-attention techniques; and that, after all, is what being an artist is all about. It's about learning to pay attention."

—Anne Lamott

"This is a book that addresses a delicate and complex subject. For those who will use it, it is a valuable tool to get in touch with their own creativity."

—Martin Scorsese

## **Users Review**

### **From reader reviews:**

#### **Mildred McConkey:**

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#### **Emily Boyd:**

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#### **Herbert Gist:**

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