



The Artist's Way: 25th Anniversary Edition

By Julia Cameron

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"Without *The Artist's Way*, there would have been no *Eat, Pray, Love.*"
—Elizabeth Gilbert

The Artist's Way is the seminal book on the subject of creativity. An international bestseller, millions of readers have found it to be an invaluable guide to living the artist's life. Still as vital today—or perhaps even more so—than it was when it was first published twenty five years ago, it is a powerfully provocative and inspiring work. Julia Cameron reflects upon the impact of **The Artist's Way** and shares additional insights into the creative process that she has gained. Updated and expanded, this anniversary edition reframes **The Artist's Way** for today's creatives.

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Editorial Review

Amazon.com Review

With the basic principle that creative expression is the natural direction of life, Julia Cameron and Mark Bryan lead you through a comprehensive twelve-week program to recover your creativity from a variety of blocks, including limiting beliefs, fear, self-sabotage, jealousy, guilt, addictions, and other inhibiting forces, replacing them with artistic confidence and productivity.

This book links creativity to spirituality by showing how to connect with the creative energies of the universe, and has, in the four years since its publication, spawned a remarkable number of support groups for artists dedicated to practicing the exercises it contains.

From Library Journal

This program consists of segments from the author's book of the same name (Tarcher, 1992). She recommends two ongoing activities that will conquer blocks and self-destructive tendencies: morning pages and artist's dates. Morning pages are three pages of writing, performed daily, about anything at all. This exercise overcomes the writer's internal censor and makes writing habitual, she claims. The artist's date is a weekly block of two hours spent observing, experiencing, and sensing. The balance of the recording describes how the artist can overcome human tendencies such as jealousy, fear, and addiction. This abridgment leaves much to be desired. In her introduction, Cameron states that the audio is an interactive abridgment of her 12-week program. There is nothing interactive about it, however. The sound quality is poor, and the content is similar to the many available 12-step programs. In that sense, it is redundant and will appeal to a very small audience. Not recommended. ?Joanna M. Burkhardt, Univ. of Rhode Island Coll. of Continuing Ed. Lib.

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Review

“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, Mademoiselle

“The premise of the book is that creativity and spirituality are the same thing, they come from the same place. And we were created to use this life to express our individuality, and that over the course of a lifetime that gets beaten out of us. [**THE ARTIST’S WAY**] helped me put aside my fear and not worry about whether the record would be commercial.”

--Grammy award-winning singer Kathy Mattea

“Julia Cameron brings creativity and spirituality together with the same kind of step-by-step wisdom that Edgar Cayce encouraged. The result is spiritual creativity as a consistent and nourishing part of daily life.”

--Venture Inward

“I never knew I was a visual artist until I read Julia Cameron’s **THE ARTIST’S WAY**.”

--Jannene Behl in Artist’s Magazine

“Julia Cameron’s landmark book **THE ARTIST’S WAY** helped me figure out who I really was as an adult, not so much as an artist but as a person. And award-winning journalist and poet, Cameron’s genius is that she doesn’t tell readers what they should do to achieve or who they should be—instead she creates a map for readers to start exploring these questions themselves.”

--**Michael F. Melcher, Law Practice magazine**

“This is not a self-help book in the normative sense. It is simply a powerful book that can challenge one to move into an entirely different state of personal expression and growth.”

--**Nick Maddox, Deland Beacon**

“**THE ARTIST’S WAY** (with its companion volume **THE ARTIST’S WAY MORNING PAGES JOURNAL**) becomes a friend over time, not just a journal. Like a journal, it provokes spontaneous insights and solutions; beyond journaling, it establishes a process that is interactive and dynamic.”

--**Theresa L. Crenshaw, M.D., San Diego Union-Tribune**

“If you really want to supercharge your writing, I recommend that you get a copy of Julia Cameron’s book **THE ARTIST’S WAY**. I’m not a big fan of self-help books, but this book has changed my life for the better and restored my previously lagging creativity.”

--**Jeffrey Bairstow, Laser Focus World**

“Working with the principle that creative expression is the natural direction of life, Cameron developed a three month program to recover creativity. **THE ARTIST’S WAY** shows how to tap into the higher power that connects human creativity and the creative energies of the universe.”

--**Mike Gossie, Scottsdale Tribune**

“**THE ARTIST’S WAY** is the seminal book on the subject of creativity and an invaluable guide to living the artistic life. Still as vital today—or perhaps even more so—than it was when it was first published in 1992, it is a provocative and inspiring work. Updated and expanded, it reframes **THE ARTIST’S WAY** for a new century.”

--**Branches of Light**

“**THE ARTIST’S WAY** has sold over 3 million copies since its publication in 1992. Cameron still teaches it because there is sustained demand for its thoughtful, spiritual approach to unblocking and nurturing creativity. It is, dare we say, timeless.”

--**Nancy Colasurdo, FOXBusiness**

Praise for VEIN OF GOLD, the second volume in the ARTIST’S WAY trilogy

“For those seeking the wellspring of creativity, this book, like its predecessor, is a solid gold diving rod.”

--**PUBLISHERS WEEKLY**

Users Review

From reader reviews:

Alberta Sanchez:

Here thing why this particular The Artist's Way: 25th Anniversary Edition are different and trusted to be yours. First of all reading through a book is good but it really depends in the content from it which is the content is as tasty as food or not. The Artist's Way: 25th Anniversary Edition giving you information deeper as different ways, you can find any guide out there but there is no book that similar with The Artist's Way: 25th Anniversary Edition. It gives you thrill reading journey, its open up your own eyes about the thing that will happened in the world which is possibly can be happened around you. You can easily bring everywhere like in park your car, café, or even in your method home by train. When you are having difficulties in bringing the published book maybe the form of The Artist's Way: 25th Anniversary Edition in e-book can be your option.

Doreen Harry:

Nowadays reading books are more than want or need but also get a life style. This reading addiction give you lot of advantages. The advantages you got of course the knowledge the actual information inside the book that will improve your knowledge and information. The details you get based on what kind of reserve you read, if you want have more knowledge just go with schooling books but if you want truly feel happy read one using theme for entertaining such as comic or novel. Typically the The Artist's Way: 25th Anniversary Edition is kind of book which is giving the reader erratic experience.

Dan Hanner:

Spent a free a chance to be fun activity to perform! A lot of people spent their sparetime with their family, or their own friends. Usually they performing activity like watching television, about to beach, or picnic within the park. They actually doing same thing every week. Do you feel it? Do you need to something different to fill your free time/ holiday? Could be reading a book may be option to fill your no cost time/ holiday. The first thing that you'll ask may be what kinds of e-book that you should read. If you want to consider look for book, may be the e-book untitled The Artist's Way: 25th Anniversary Edition can be good book to read. May be it might be best activity to you.

Dorothy Betancourt:

The particular book The Artist's Way: 25th Anniversary Edition has a lot of information on it. So when you make sure to read this book you can get a lot of profit. The book was written by the very famous author. The author makes some research before write this book. This book very easy to read you may get the point easily after perusing this book.

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