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By Ellen J. Langer

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Reinventing Yourself Through Mindful Creativity Langer, Ellen J. On Becoming An Artist Reinventing Yourself Through Mindful Creativity, Ballantine Books <http://www.billdahl.net/book-reviews/on-becoming-an-artist-%E2%80%93-reinventing-yourself-through-mindful-creativity-by-ellen-j-langer/>

On Becoming an Artist: Reinventing Yourself Through Mindful Creativity by Ellen J Langer, 9780345456304, available at Book Depository with free delivery worldwide. <http://www.bookdepository.com/On-Becoming-Artist-Ellen-Langer/9780345456304>

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Harvard psychology professor Ellen J. Langer discusses her book "On Becoming an Artist." Watch online: Reinventing Yourself Through Mindful Creativity. <http://video.pbs.org/video/1998860822/>

Works by Ellen J. Langer: Mindfulness, The Power of Mindful Learning, On Becoming an Artist: Reinventing Yourself Through Mindful Creativity, Counterclockwise <http://www.librarything.com/author/langerellenj>

Dr. Ellen Langer, Ph.D., is a social psychologist. Her books include *On Becoming an Artist: Reinventing Yourself Through Mindful Creativity*; and *Counterclockwise: Mindful Health and the Power of*

<http://www.ellenlanger.com/about/>

All it takes to become an artist is to Reinvent Yourself Through Mindful Creativity Excerpted from *On Becoming an Artist* by Ellen J. Langer

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Ellen J. Langer Professor of Psychology at Harvard University. Her books include *On Becoming an Artist: Reinventing Yourself Through Mindful Creativity*; *The Power of Mindful Learning*; more.

<http://scholar.harvard.edu/langer/home>

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

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<http://www.npr.org/2012/08/02/157809852/mindfulness-using-your-brain-to-beat-stress>

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Ellen Langer is a professor in the Psychology Department by Ellen J. Langer. Ballantine Books. buy now. On Becoming an Artist: Reinventing Yourself Through

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