

# On Becoming An Artist: Reinventing Yourself Through Mindful Creativity By Ellen J. Langer

By Ellen J. Langer

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

Chapter 1 A Life of Mindful Creativity "What attracted me was less art itself than the artist s life and all that it meant for me: the idea of creativity and

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<https://www.linkedin.com/pub/ellen-langer/11/877/9a1>

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

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

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

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