

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

By Ellen J. Langer

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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Harvard psychology professor Ellen J. Langer discusses her book "On Becoming an Artist." Reinventing Yourself Through Mindful Creativity from The Open Mind.

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View ellen langer's professional profile on LinkedIn. The Power of Mindful Learning; On Becoming an Artist: Reinventing Yourself Through Mindful Creativity;

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

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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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/>

Leading neurobiologist Daniel J. Siegel, - Ellen J. Langer, and author of Mindfulness and On Becoming an Artist: Reinventing Yourself Through Mindful

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Ellen J. Langer Professor of On Becoming an Artist: Reinventing Yourself Through Mindful Creativity; The Power of Mindful Learning; more.  
<http://scholar.harvard.edu/langer/home>

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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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