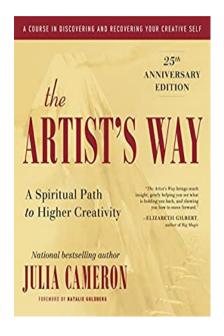
# The Artist's Way Book Summary (PDF) by Julia Cameron

Ready to learn the most important takeaways from The Artist's Way in less than two minutes? Keep reading!



## Why This Book Matters:

The Artist's Way teaches readers how to stop holding themselves back from their full artistic capabilities.

## The Big Takeaways:

- 1. Keep a journal so you can write about the little things, forcing your creativity to awaken.
  - 1. If You don't have to write with any control or purpose; just write.
- 2. You must face those nasty feelings that live deep inside of you.
  - You must have a conversation with the little voice inside your head telling you, "you can't." Your life and your creativity belong to you, and your desire to create is valid.
- 3. Getting in-tune with your creativity can take some time, but don't give up on yourself.

- 1. When you leave your artistic side, it becomes neglected. Any neglected relationship takes time to rekindle.
- 4. You are not an originator of ideas.
  - 1. Like many artists before you, you are a watcher, a listener, someone who sees an idea and helps mold it into its being.
- 5. The desire to push yourself past the successes of others and into perfection will only negatively affect your creativity.
  - Expecting too much from yourself can turn your art into worry, forcing you to give up things you love.

## Want To Keep Reading?

- 1. Read A Longer Form Summary on Blinkist
- 2. Buy The Book on Amazon
- 3. Listen To The Audiobook

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