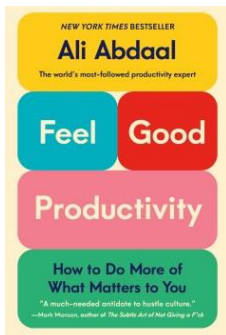


Erin's Summer Buzz 2024

Books About Creativity, Productivity, and Building Strong Habits

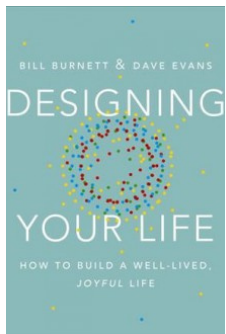
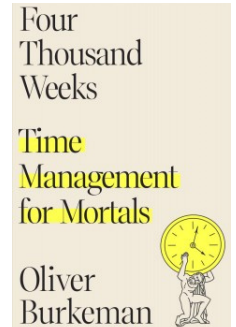


Abdaal, Ali. **Feel-Good Productivity : How to Do More of What Matters to You** (2023)

This book offers practical strategies and insights to help individuals prioritize meaningful tasks, cultivate a positive mindset, and achieve personal fulfillment in their pursuit of productivity. It combines neuroscience, psychology, and mindfulness to provide a holistic approach to productivity that will appeal to readers seeking balance, purpose, and joy in their daily lives.

Burkeman, Oliver. **Four Thousand Weeks: Time Management for Mortals** (2021)

A thought-provoking perspective on time management which urges readers to embrace impermanence, prioritize what truly matters, and make the most of this thing we call life! The book uses engaging anecdotes, practical exercises, and philosophical insights to empower readers to reevaluate their relationship with time, find fulfillment in the present moment, and create a life of meaning. A perfect book for anyone seeking to live more intentionally and authentically.

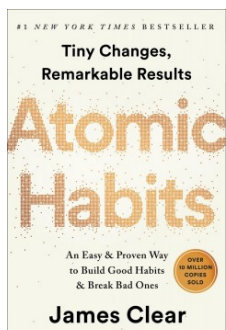
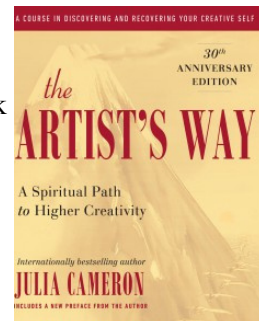


Burnett, William. **Designing Your Life: How to Build a Well-Lived, Joyful Life** (2016)

The authors (co-founders of the Life Design Lab at Stanford University) offer a practical framework rooted in design thinking principles to help readers craft fulfilling and purpose-driven lives. They do this by reframing problems, experimenting with possibilities, and embracing a mindset of curiosity and resilience. Through engaging exercises, real-life stories, and actionable advice, the book inspires readers to cultivate a sense of agency over their lives, navigate career transitions, and find joy and fulfillment in their personal and professional pursuits, making it an essential guide for anyone seeking to create a life that aligns with their values and aspirations.

Cameron, Julia. **The Artist's Way: A Spiritual Path to Higher Creativity** (1992)

Long considered a renowned manual for creatives seeking inspiration, Cameron offers a transformative journey through creative recovery using spiritual practices, insightful exercises, and practical tools. The book helps unlock creativity, overcome self-doubt, and connect deeply with artistic impulses and life's purpose. Readers will nurture self-discovery, embrace authenticity, and build a supportive community of fellow creatives. It's a beacon of inspiration and empowerment for artists, writers, and anyone looking to reignite their creative spark and lead a more fulfilling, expressive life.

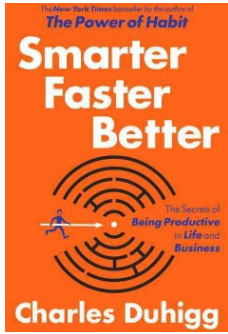


Clear, James. **Atomic Habits: Tiny Changes, Remarkable Results : An Easy & Proven Way to Build Good Habits & Break Bad Ones** (2018)

This book provides a practical and evidence-based approach to behavior change, emphasizing the power of small, incremental adjustments to create lasting habits and achieve remarkable transformations in personal and professional life. Through clear explanations, actionable strategies, and compelling examples, the author empowers readers to understand the psychology of how habits are formed, how to overcome common obstacles, and how to harness the momentum of positive change; it's an indispensable guide for anyone striving for continuous improvement and sustainable success.

Erin's Summer Buzz 2024

Books About Creativity, Productivity, and Building Strong Habits

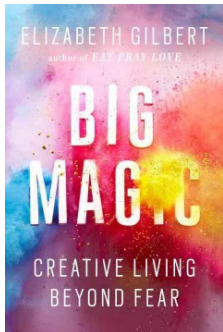
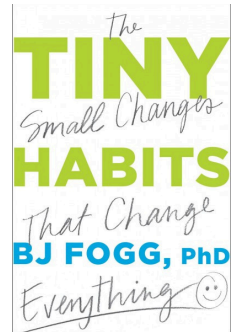


Duhigg, Charles. **Smarter Faster Better: The Secrets of Being Productive in Life and Business** (2017)

Duhigg provides a captivating exploration of productivity, weaving together interesting anecdotes, cutting-edge research, and practical insights to offer readers a deep understanding of how to enhance performance, achieve goals, and lead a more fulfilling and efficient life. By delving into the intricacies of motivation, decision-making, and teamwork, the book not only equips readers with actionable techniques to optimize their workflow but also inspires a mindset shift towards purpose-driven productivity, making it a must-read for anyone seeking to excel in both their personal and professional endeavors.

Fogg, B.J. **Tiny Habits: The Small Changes That Change Everything** (2020)

This book introduces a revolutionary method for behavior change, leveraging the power of small actions and positive reinforcement to help readers effortlessly build habits, achieve big goals, and transform their lives for the better. Through engaging storytelling, practical exercises, and scientific insights, the book offers a user-friendly approach to habit formation that resonates with readers looking for simplicity, effectiveness, and sustainable change, making it an invaluable resource for anyone seeking to make lasting improvements in their daily routines and overall well-being.

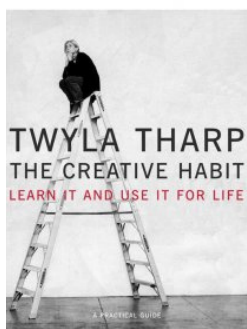
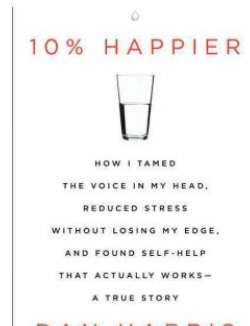


Gilbert, Elizabeth. **Big Magic: Creative Living Beyond Fear** (2015)

This book inspires readers to embrace curiosity, creativity, and courage as they navigate the journey of artistic expression. Gilbert offers a liberating perspective on overcoming fear, pursuing passion projects, and living a life infused with boundless imagination and fulfillment. Through enchanting anecdotes, profound insights, and practical wisdom, she ignites a sense of wonder and possibility, captivating creatives and dreamers alike with its empowering message of embracing creativity as a joyful, sacred act of self-expression and exploration.

Harris, Dan. **10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help that Actually Works - A True Story** (2014)

After experiencing a panic attack on live television, Harris embarked on a journey of mindfulness meditation. His book offers a refreshingly honest and practical guide to finding inner peace, managing stress, and discovering genuine happiness amidst life's challenges. Combining humor, apprehension, and relatable anecdotes, the book appeals to skeptics and seekers alike, providing a down-to-earth approach to mindfulness that resonates with readers looking for accessible tools to navigate the complexities of modern life and cultivate a greater sense of well-being. A must-read for anyone who's considered starting a meditation practice.



Tharp, Twyla. **The Creative Habit: Learn it and Use it for Life** (2003)

Who knew Twyla Tharp wrote a book on creativity? Well, she did, and it provides a comprehensive roadmap for cultivating creativity through disciplined practice, insightful rituals, and a deep understanding of the creative process. Tharp empowers readers to unlock their full artistic potential and integrate creativity into every aspect of their lives. With practical exercises, inspiring anecdotes, and valuable insights from a seasoned artist, the book appeals to aspiring creatives and professionals alike, offering a wealth of tools and strategies to overcome creative blocks, sustain momentum, and thrive creatively in any endeavor.