

1. Record Nr.	UNINA9910154680203321
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Titolo	The Writing Diet : Write Yourself Right-Size
Pubbl/distr/stampa	East Rutherford : , : Penguin Publishing Group, , 2007 ©2007
ISBN	1-101-15863-8
Descrizione fisica	1 online resource (197 pages)
Disciplina	613.2/5
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	<p>Julia Cameron, author of The Artist's Way, offers a revolutionary diet plan: Use writing to take off the pounds Over the course of the past twenty-five years, Julia Cameron has taught thousands of artists and aspiring artists how to unblock wellsprings of creativity. And time and again she has noticed an interesting thing: Often when her students uncover their creative selves they also undergo a surprising physical transformation-- invigorated by their work, they slim down. In The Writing Diet, Cameron illuminates the relationship between creativity and eating to reveal a crucial equation: Creativity can block overeating. This inspiring weight-loss program directs readers to count words instead of calories, to substitute their writing's "food for thought" for actual food. The Writing Diet presents a brilliant plan for using one of the soul's deepest and most abiding appetites--the desire to be creative--to lose weight and keep it off forever.</p>