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Autore	Cameron Julia
Titolo	The Writing Diet : Write Yourself Right-Size
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Sommario/riassunto	Julia Cameron, author of <i>The Artist's Way</i> , 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 <i>The Writing Diet</i> , 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.