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Sommario/riassunto	A creative lifestyle is not a luxury, but a necessary elixir of life. Only with creativity can we overcome despair, hatred and violence, in the world and in ourselves. Using selected examples of exceptionally creative people, Rainer M. Holm-Hadulla encourages us to unleash our own creative and social potential. Readers become acquainted with Madonna and Amy Winehouse, John Lennon, Jim Morrison, and Mick Jagger. Before wandering through their lives and work in the interplay of constructive and destructive forces, they encounter the "Big Five of Creativity": talent, ability, motivation, resilience, favorable environments. The author has theoretically researched their interaction over decades, tested them in practice and drawn the conclusion: The creative transformation of human destructiveness is our chance to lead a fulfilled life in social responsibility.

