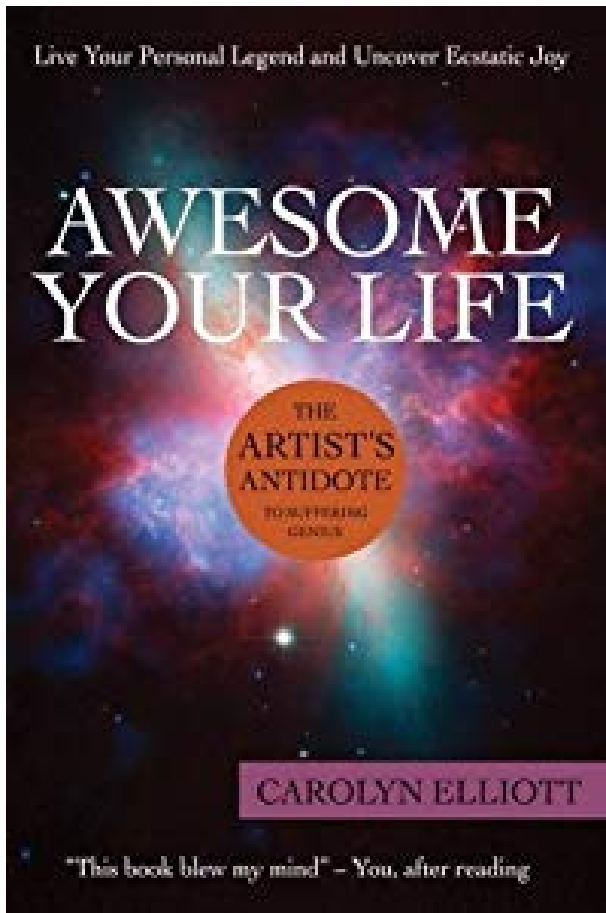


Awesome Your Life: The Artist's Antidote to Suffering Genius



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Awesome Your Life: The Antidote to Suffering Genius is a potent, new path to creative recovery. Picking up where Julia Cameron's classic, *The Artist's Way*, left off, *Awesome Your Life* re-imagines artistic success as the creation of heaven on earth and offers a new way of healing to wounded creators. The book takes readers through a cycle of the ancient hero's journey (the pattern of profound transformation which the great scholar Joseph Campbell found to underlying all myth and folktale) via a series of imaginative experiments. Through this journey readers uncover their personal legend and tame their innate spirit of genius so that it works for them rather than against them. The provocative and inspirational essays which precede each experiment frame the adventure of creative recovery with life-changing takes on spiritual principles like honesty, optimism, and innocence. Along the way, readers learn a catalyzing form of journaling and a simple—but radical—mind-altering mode of meditation.