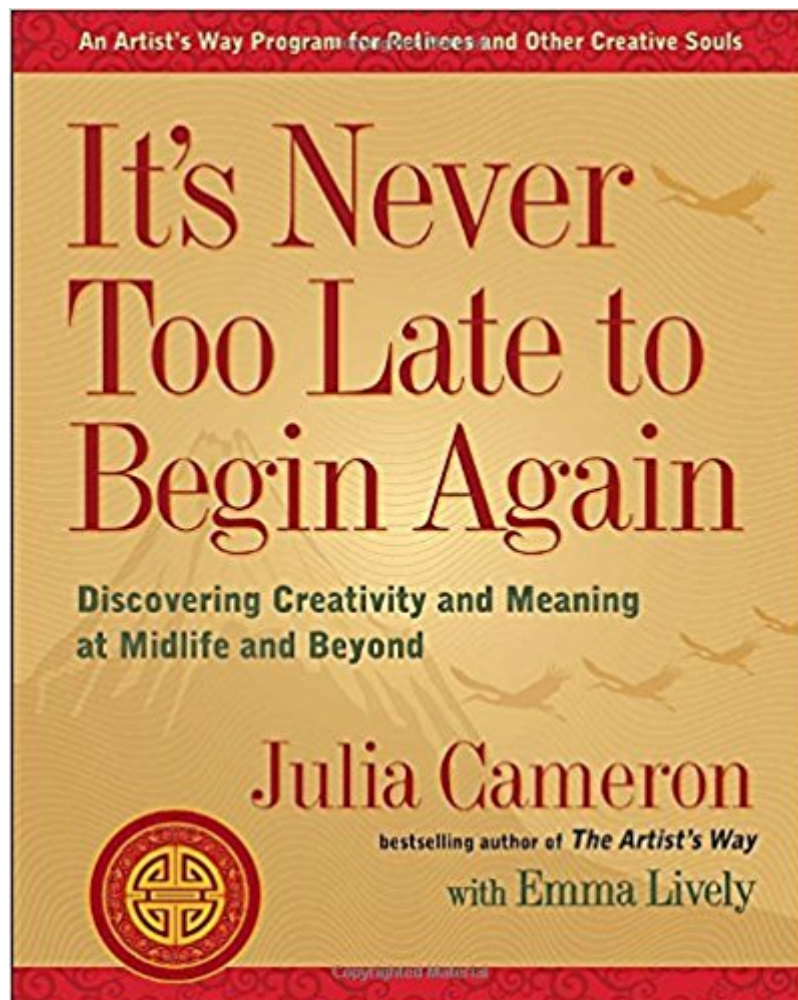




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# It's Never Too Late To Begin Again: Discovering Creativity And Meaning At Midlife And Beyond



## Synopsis

“The book you hold in your hands is the distillate of a quarter century’s teaching. It is my attempt to answer, “What next?” for students who are embarking on their “second act.” •

“Julia Cameron” Julia Cameron has inspired millions with her bestseller on creativity, *The Artist’s Way*. In *It’s Never Too Late To Begin Again*, she turns her eye to a segment of the population that, ironically, while they have more time to be creative, are often reluctant or intimidated by the creative process. Cameron shows readers that retirement can, in fact, be the most rich, fulfilling, and creative time of their lives. When someone retires, the newfound freedom can be quite exciting, but also daunting. The life that someone had has changed, and the life to come is yet to be defined. In this book, Cameron shows readers how cultivating their creative selves can help them navigate this new terrain. She tells the inspiring stories of retirees who discovered new artistic pursuits and passions that more than filled their days—they nurtured their souls.

“This twelve-week course aimed at defining and creating the life you want to have as you redefine and re-create yourself, this book includes simple tools that will guide and inspire you to make the most of this time in your life: •

- *Memoir writing* offers an opportunity to reflect on and honor past experience. This book guides you through the daunting task of writing an entire memoir, breaking it down into manageable pieces.
- *Morning Pages*—private, stream-of-consciousness writing done daily—allow you to express wishes, fears, delights, resentments, and joys, which in turn, provide focus and clarity for the day at hand.
- *Artist Dates* encourage fun and spontaneity.
- *Solo Walks* quell anxiety and clear the mind. This fun, gentle, step-by-step process will help you explore your creative dreams, wishes, and desires...and help you quickly find that it’s never too late to begin again.

## Book Information

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## Customer Reviews

"Cameron. . . stands as living proof that a lifelong quest for expressing one's self can be rewarding. . . a must-read for all hoping to enhance their creativity in all aspects of life."â "BooklistPraise for The Artist's Way:"If you have always wanted to pursue a creative dream, have always wanted to play and create with words or paints, this book will gently get you started and help you learn all kinds of paying-attention techniques; and that, after all, is what being an artist is all about. It's about learning to pay attention." --Anne Lamott

Julia CameronÂ has been an active artist for more than three decades. She is the author of more than forty books, including such bestselling works on the creative process asÂ The Artist's Way,Â Walking in This World, andÂ Finding Water. Â Emma LivelyÂ is a classical violist turned writer, composer, and lyricist working in musical theater and animation. She has served as Julia Cameronâ s business manager for a decade.

Ready to embark on your Second Act? Need a spark to get you started?In this book, creativity is the path which leads you to your next stage. This is a 12-week course in cultivating your creativity to create a more inspired and authentic life which reflects what is meaningful and joyful for you. Although I've read many of Julia Cameron's books, including her Artists Way and sequels, this book hits just right for midlife or retirement and is a refresher course with new wisdom and perspective.You can spend a week on each chapter doing the exercises, and it will ignite new thought. Upon reading it, already I checked out universities to see about getting a master's degree - or maybe even a doctorate - in a subject which fascinates me. I looked at my local continuing ed for dance and art classes. I'm buying a new Journal for Morning Pages and brainstorming possible Artist Dates.The 12-week summer might be a great time to do this course, or fall when school is in the air, or January when you're thinking about doing something different in the New Year.Cameron writes her purpose for this book is to give readers a set of tools to "trigger creative rebirth". Cameron reminds us that Laura Ingalls Wilder wrote her first children's book "Little House in the Big Woods" when she was 64. Many more books followed.Some of the wisdom gleaned from this book:\* You shake the apple tree and the universe delivers oranges.\* As we open our creative channel to the Creator many gentle but powerful changes are to be expected.\* Your life is lived by tiny changes.\* The secret of your future is hidden in your daily routine.\* Our creative dreams and yearning come

from a divine source. As we move toward our dreams, we move toward our divinity. To give you a sense of topics covered in the book, some of the chapter headings include "Reigniting a Sense of: Wonder, Connection, Purpose, Honesty, Humility, Resilience, Joy, Motion, Vitality, Adventure and Faith". This book teaches the creative principles to bring these more into your life through activities, questions to ponder and answer, wisdom and examples of others. Who doesn't want more joy, motion, purpose, faith, connection and adventure? This book helps you design your own creative course for yourself - almost like a summer camp or university experience. What do you want to learn about or explore that is tugging at you? This book inspires you to begin again and seek it out.

I was debating repeating *The Artist's Way* (which I worked through more than a decade ago), when this new book crossed my path. Excited by the synchronicity and hopeful that the author would have new exercises and insights to offer, I snapped it up and began. Four weeks in, I'm not so sure that I shouldn't return to my original plan. Although "midlife" is prominent on the cover, that theme is absent in the book so far. The examples are all retirement and end-of-life, which feels a bit eerie and depressing for someone with a career that actually continues into the future. So far the exercises seem predominantly repetitions - morning pages, artist dates and walking, plus memoirs - effective but nothing new. Methinks the publishers wished to expand the demand beyond the author's clearly-intended senior audience and tagged on a misleading subtitle for extra sales. After 8 weeks, I'm putting it on the shelf to await my future retirement.

When I first read about this book, I just knew that I had to read it. I am 51 years (old/young), became disabled, and now feel retired (or put out to pasture more or less). I just sit around feeling sorry for myself and feel that life is basically over). I just became an empty nester, also, two years ago. Then, to my amazement, the description of this book smacked me in the face and gave me the inspiration to read it. Now, I feel elated! There is so much to think about and do; starting small or slow for those of us who are scared to try something new. Julia Cameron and Emma Lively have a very valuable goldmine here if people who are in need of beginning again, who may feel timid or don't know how to start, can read this. I truly mean that I am elated! They have topics to write about, things to consider and things to think about. They are called "Basic Tools For Creativity Recovery", but I call them "Jumpstarting Your True Self". There are "Taboo Subjects For The Newly Retired". Among others that are addressed are: boredom, irritability, excitement, and even depression. All of these are addressed to make your life ahead truly authentic and new. I did some of the exciting homework, like walking 20 minutes and letting your mind wander, journaling first thing in the morning, and

answering questions about certain periods in your life. They are absolutely incredible. You should do this for twelve weeks straight. I just began for this review. It changes your life in ways you won't even know at first. This book truly is one for the recently retired, who need to find the life that they want to live next. Plus, it is so much fun! Thank you, Julia Cameron, Emma Lively, PENGUIN GROUP TarcherPerigee, and Netflix for giving me an ARC copy of this book to read in exchange for my honest review.

This book is very much like the Artist Way. It was a waste of money if you have her other books. More of the same, morning pages, etc.

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