Mindfulness for Creators

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Mindfulness practices for creators navigating attention, creative blocks, and the demands of making work.

Inside this guide

- Notice thoughts and distractions that interrupt creative focus.
- Use brief practices to return attention to a project.
- Balance making, reflection, and rest within a creative routine.

Who it may help

For artists, writers, and other creators interested in mindfulness as part of their working process.

Putting the ideas to work

Try the practices in a way that supports your own creative rhythm rather than adding another rigid expectation.

The ideas are starting points rather than one-size-fits-all instructions. Adapt them to your goals, circumstances, and available resources.

Book details

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Download availability: After payment, download the complete ZIP package or the included PDF separately.