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Synopsis: Creativity is one of the three things that make us live longer. When we think creatively and clearly, we get healthier. We need creativity in every life aspect. Creativity results in motivation, inspiration and productivity at home or at work. Creative Healing through painting, dancing, music and other forms of artistic activities provide a mental break out for our minds, Practice creative healing to strengthen your soul, mind and body against every obstacle in life. The book also provides some tips to create more ideas and get more inspiration. Creative healing is not a formal creativity exercise, it adds sparks and joy in our life. What more creative healing achieve? - Alleviate pain with the mental powers - Expressing stress in controllable manner according to your personality - Create art work to stimulate happiness - Get contentment for creating something unique and innovative - Positive thinking and meaningful life - Getting to do something fun in our spare time Improve your creativity to get a healthy mind, body and soul!
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