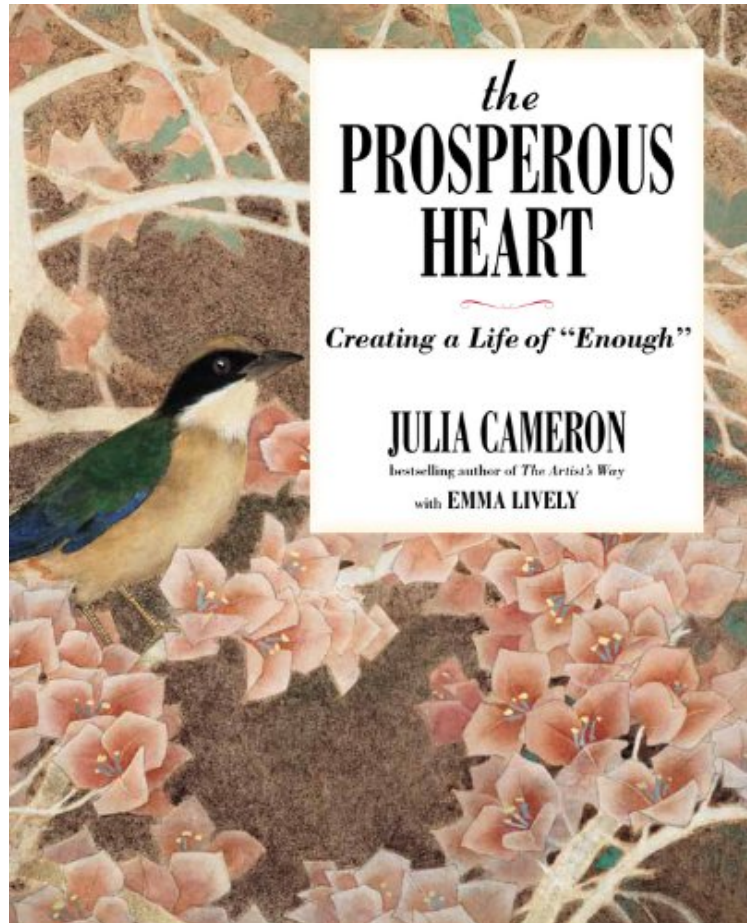


(Free) The Prosperous Heart: Creating a Life of "Enough";

The Prosperous Heart: Creating a Life of "Enough";

Julia Cameron, Emma Lively

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Julia Cameron, Emma Lively : The Prosperous Heart: Creating a Life of "Enough"; before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Prosperous Heart: Creating a Life of "Enough";:

21 of 21 people found the following review helpful. More JuliaBy SchoolmarmFirst a full disclosure: I am a devoted fan of Julia Cameron. All of her books are eminently readable and helpfulI first encountered her 1997 when "The Artist's Way" (1992) was cited in a book I was reading. I bought it and then later, the Morning Pages Journal that accompanies it.I then purchased her Vein of Gold and, later, Finding Water. I have since acquired almost all of her subsequent books and have enjoyed each of them immensely, especially Floor Sample, the Right to Write, and the Writers Life all of which are less self-help and more of a personal glimpse into Julia the woman and writer.That being said, however, I found The Prosperous Heart less enjoyable. It follows the model of the Artist's Way, but lacks its depth. There is a formulaic quality to this model, which like her other works, is rooted in a twelve-step approach to personal growth. Although that approach underlies the Artist's Way, in The Prosperous Heart it overshadows the more writerly and personal aspects of the book. I suspect that for a first time reader of Cameron's writings, this may not be a

problem. But for me, it felt like, "been there; done that." 4 of 4 people found the following review helpful. Life Changing Book for Me By J. Valente I practiced all the suggestions in Step order and over the course of three years my life has changed. My perspective on money shifted dramatically. The exercises helped develop healthy daily habits that 1. got me out of debt (45k) and 2. allowed me to make to build a foundation for starting my own business. The 12 Chapters are in order for a reason. Now I know the " why" behind my previous financial, spiritual, physically and emotional bankruptcy. It is an action oriented book so the reader must be willing to carve out the time to see results. I know this book saved my life second to the Big Book. 1 of 1 people found the following review helpful. Prosperity Comes From The Heart, Not Your Wallet By Juvi Guevara Famed author of 'The Artist's Way,' Julia Cameron brings to light another problem that we, as a society and not just as artists, suffer from in our day-to-day lives: Our love/ hate relationship with money. However, instead of presenting this dilemma as a negative thing, she gently steers us from self-recrimination down a different, more loving path, allowing us to take an honest look at where we stand, what type of spenders we are, where our initial deeply-ingrained thoughts about money come from, and how we can best redirect our thoughts and our energies into a more prosperous outcome. It's, more or less, a 12-week program if you follow the guidelines of the book, but don't worry; it's not as long or tedious as it sounds, and the tasks she sets every week are not only doable, but they help you to measure where you stand in terms of your financial situation and outlook, as a whole. The chapters are short and easy to get through. And while not all money situations are created equal, you are bound to find some little golden nugget in here that may prove of some use to you in the long run. Whether you think you suffer from financial woes or not, it's definitely worth a read. And don't worry; it isn't a judgemental book.

A dynamic new creative-renewal program from the woman who has inspired millions to discover and recover their creative souls. In *The Prosperous Heart*, Julia Cameron presents a ten-week program for using your creative heart and soul to lead you to prosperity in all the areas of your life. With inspiring new daily tools and strategies that follow in the footsteps of Cameron's groundbreaking *The Artist's Way*, this book guides readers in developing a life that is as full and as satisfying as they ever thought possible. Drawing on her decades of experience working with artists as an expert on the creative process, Cameron shines a clear light on the path to forging a direct relationship between the passion that ignites our creative work and the more practical aspects of living our lives (for example, how one can keep a roof over their head without losing track of their soul!) In this wise volume, Cameron gives readers the courage and permission to live their lives as they create their art: purposely and fully.

2013 Nautilus Books for a Better World Gold winner as Best Inner Prosperity/Right Livelihood Book "Inspiring stories of how money affects people's lives accompany tools, exercises, and strategies for discovering the true meaning of prosperity and abundance in this uplifting and beneficial guide." — Publishers Weekly "Cameron (*The Artist's Way*) has written a book addressed to our times, offering advice on how to begin to fulfill one's dreams in times of recession or austerity." — Library Journal "Many artistic and imaginative souls are troubled and often blocked by money worries. They are unsure about the future and afraid to take risks since they have no Plan B to put into action. In response to this grave situation, Cameron speaks to the darkness and the dread in creative people's hearts with an alternative: the prosperous heart which recognizes "a spiritual bottom line, not a fiscal one. Our faith, not our cash flow, is what brings to our lives comfort and ease." The book is chock-full of other down-to-earth material such as myths about money, trusting that we live in a benevolent universe and that things will turn out okay, clearing clutter away, finding community, and taking to heart the spiritual virtues and practices of forgiveness, kindness, generosity, and perseverance." — Spirituality Practice "From content to presentation, Cameron shines. How we handle our money and lifestyles, and ultimately our very sense of happiness, is based on how we handle our self-image, emotions and beliefs. Trust, kindness, community, forgiveness (including for ourselves!) generosity — and a plan to help us balance all of this — is ours to study and live, in *The Prosperous Heart*." — Creations magazine Praise for *THE ARTIST'S WAY...!* "THE ARTIST'S WAY by Julia Cameron is not exclusively about writing — it is about discovering and developing the artist within whether a painter, poet, screenwriter or musician — but it is a lot about writing. 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, *Mademoiselle* "The premise of the book is that creativity and spirituality are the same thing, they come from the same place. And we were created to use this life to express our individuality, and that over the course of a lifetime that gets beaten out of us. [*THE ARTIST'S WAY*] helped me put aside my fear and not worry about whether the record would be commercial." — Grammy award-winning singer Kathy Mattea "Julia Cameron brings creativity and spirituality together with the same kind of step-by-step wisdom that Edgar Cayce encouraged. The result is spiritual creativity as a consistent and nourishing part of daily life." — Venture Inward "I never knew I was a visual artist until I read Julia Cameron's *THE ARTIST'S WAY*." — Jannene Behl in *Artists' Magazine* "Julia Cameron's landmark book *THE ARTIST'S WAY* helped me figure out who I really was as an adult, not so

much as an artist but as a person. And award-winning journalist and poet, Cameron's genius is that she doesn't tell readers what they should do to achieve or who they should be; instead she creates a map for readers to start exploring these questions themselves."--Michael F. Melcher, *Law Practice Magazine*; "This is not a self-help book in the normative sense. It is simply a powerful book that can challenge one to move into an entirely different state of personal expression and growth."--Nick Maddox, *Deland Beacon*; "THE ARTIST'S WAY (with its companion volume THE ARTIST'S WAY MORNING PAGES JOURNAL) becomes a friend over time, not just a journal. Like a journal, it provokes spontaneous insights and solutions; beyond journaling, it establishes a process that is interactive and dynamic."--Theresa L. Crenshaw, M.D., *San Diego Union-Tribune*; "If you really want to supercharge your writing, I recommend that you get a copy of Julia Cameron's book THE ARTIST'S WAY. I'm not a big fan of self-help books, but this book has changed my life for the better and restored my previously lagging creativity."--Jeffrey Bairstow, *Laser Focus World*; "Working with the principle that creative expression is the natural direction of life, Cameron developed a three month program to recover creativity. THE ARTIST'S WAY shows how to tap into the higher power that connects human creativity and the creative energies of the universe."--Mike Gossie, *Scottsdale Tribune*; "THE ARTIST'S WAY is the seminal book on the subject of creativity and an invaluable guide to living the artistic life. Still as vital today--or perhaps even more so--than it was when it was first published in 1992, it is a provocative and inspiring work. Updated and expanded, it reframes THE ARTIST'S WAY for a new century."--*Branches of Light*; "THE ARTIST'S WAY has sold over 3 million copies since its publication in 1992. Cameron still teaches it because there is sustained demand for its thoughtful, spiritual approach to unblocking and nurturing creativity. It is, dare we say, timeless."--Nancy Colasurdo, *FOX Business*; "Praise for VEIN OF GOLD, the second volume in the ARTIST'S WAY trilogy; "For those seeking the wellspring of creativity, this book, like its predecessor, is a solid gold diving rod."--*PUBLISHERS WEEKLY*

About the Author Author Julia Cameron has been an active artist for more than thirty years. She is the author of more than thirty books, including bestselling works on the creative process: *The Artist's Way*, *Walking in This World*, and *Finding Water*. Also a novelist, playwright, songwriter, and poet, she has multiple credits in theater, film, and television. With-author Emma Lively is a classical violist turned musical theater writer, composer, and lyricist. She is the president of LivelyWorks, a production company, and also owns Bunny's Bakery, a custom catering business. She has served as Julia Cameron's business manager for a decade, and has contributed music and lyrics to Julia's musical works.