



Make Your Creative Dreams Real: A Plan for Procrastinators, Perfectionists, Busy People, and People Who Would Really Rather Sleep All Day

By SARK

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Let this book be your haven, guide, fairy godmother, or map for making your creative dreams real. It's a "paper lantern" to illuminate your path. Your dreams glow in the dark even if you don't ever tend to them. They will wait for you. I know this from my experiences as a recovering procrastinator and perfectionist. My dreams waited for me -- now you can begin to make your creative dreams REAL!

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Make Your Creative Dreams Real: A Plan for Procrastinators, Perfectionists, Busy People, and People Who Would Really Rather Sleep All Day By SARK Bibliography

- Sales Rank: #99193 in Books
- Published on: 2005-02-08
- Released on: 2005-02-08
- Original language: English
- Number of items: 1
- Dimensions: 9.13" h x .70" w x 6.12" l, 1.08 pounds
- Binding: Paperback
- 240 pages

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Editorial Review

From Publishers Weekly

For those of us who pass our days in a meaningless miasma of obligations and responsibility, SARK's upbeat 12-step prescription for "making creative dreams" come true may be just the ticket. Designing the book herself, SARK (short for Susan Ariel Rainbow Kennedy, author of *Succulent Wild Woman*) applies function to form with big and small font sizes, wild and wavy typesetting, drawings scattered liberally throughout, various exercises, Mad Lib-like blanks to fill in ("choose a micromovement and write it here_____") and three 16-page full-color inserts (not seen by PW). In case you doubt SARK's enthusiasm for her version of the creative life, she includes testimonials ranging from "John, Teacher" to "Val, Expressive Arts Therapist." Despite SARK's admirably unrestrained support for the creative life, it's difficult not to cock a cynical eye at some of her suggestions, such as "let your dream vehicle out to play!" And while she encourages us to "feel free to color or draw in this book," there isn't actually all that much room to do so. SARK addresses the negativity toward creativity that so many artists face from family, schools and bosses, but the repetition of the word "dream" never quite seems to slide over into how to use it to tend an actual artistic career. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Review

"SARK's gentle and effervescent work is a festive, creative catalyst that throws open a wide and generous gate."

-- Julia Cameron, author of *The Artist's Way*

"We, in this world, and this weary old world itself, have a great gaping need for SARK. Let's call for more and more SARK to fill every child's book bag and each attaché case."

-- Maya Angelou, author of *I Know Why the Caged Bird Sings*

"A truly innovative and inspiring book....SARK at her best."

-- Cheri Huber, author of *When You're Falling, Dive*

"Everything you need to know about making your creative dreams real is contained in SARK's magical new book."

-- Cheryl Richardson, author of *Stand Up for Your Life*

About the Author

SARK (Susan Ariel Rainbow Kennedy) is an author/artist and acclaimed teacher on the subject of creativity. She was featured on the PBS series *Women of Wisdom and Power*. She is a recovering procrastinator and perfectionist who practices what she teaches and lives in a Magic Cottage in San Francisco with her "fur husband" cat, Jupiter. You can visit her website at PlanetSark.com.

Users Review

From reader reviews:

Judy Young:

What do you concentrate on book? It is just for students because they're still students or the idea for all

people in the world, the particular best subject for that? Merely you can be answered for that question above. Every person has distinct personality and hobby for every other. Don't to be pressured someone or something that they don't wish do that. You must know how great and important the book Make Your Creative Dreams Real: A Plan for Procrastinators, Perfectionists, Busy People, and People Who Would Really Rather Sleep All Day. All type of book could you see on many resources. You can look for the internet options or other social media.

Cathleen Read:

The book untitled Make Your Creative Dreams Real: A Plan for Procrastinators, Perfectionists, Busy People, and People Who Would Really Rather Sleep All Day contain a lot of information on this. The writer explains your ex idea with easy technique. The language is very easy to understand all the people, so do not really worry, you can easy to read it. The book was compiled by famous author. The author will bring you in the new period of time of literary works. You can read this book because you can read on your smart phone, or product, so you can read the book with anywhere and anytime. If you want to buy the e-book, you can available their official web-site and order it. Have a nice study.

Phillip Chadwick:

In this age globalization it is important to someone to get information. The information will make anyone to understand the condition of the world. The condition of the world makes the information simpler to share. You can find a lot of personal references to get information example: internet, newspaper, book, and soon. You will see that now, a lot of publisher in which print many kinds of book. The particular book that recommended to you is Make Your Creative Dreams Real: A Plan for Procrastinators, Perfectionists, Busy People, and People Who Would Really Rather Sleep All Day this book consist a lot of the information in the condition of this world now. This specific book was represented how can the world has grown up. The vocabulary styles that writer use for explain it is easy to understand. Typically the writer made some study when he makes this book. This is why this book appropriate all of you.

Larry Turner:

As we know that book is significant thing to add our expertise for everything. By a e-book we can know everything we want. A book is a group of written, printed, illustrated or blank sheet. Every year was exactly added. This e-book Make Your Creative Dreams Real: A Plan for Procrastinators, Perfectionists, Busy People, and People Who Would Really Rather Sleep All Day was filled regarding science. Spend your extra time to add your knowledge about your scientific research competence. Some people has diverse feel when they reading a book. If you know how big selling point of a book, you can really feel enjoy to read a e-book. In the modern era like at this point, many ways to get book that you just wanted.

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