



Creative Reading Recommendations

A handy list of some
creativity-inspired
reading ideas.

Reading List

Julia Cameron is an excellent author for a more complete creative journey. Her books like [The Artist's Way](#) and [The Vein of Gold](#), encourage a deeper reflection of yourself and your soul.

– Mihaly Csikszentmihalyi (pronounced Me High Cheeks Send Me High) is a Hungarian-American professor of psychology who created [Flow](#) on the theory of creativity. This book is a little more academic but excellent for the scientific aspects of flow and creativity and how to harness the concept for ourselves.

– Elizabeth Gilbert, author of *Eat, Pray, Love*, wrote [Big Magic](#), which is a book about demystifying creativity. She aims to help unleash your creative side, find the ideas you need and erase the fear of actually getting on with creating. A definite must-read.

– [The Creative's Planner](#) - I designed this Planner to help creative women get the best out of their time, ideas and creative magic while reducing the overwhelm that comes with busy daily living. You can [buy the Planner here](#).

– [Creativity Takes Courage](#) by the creators of Flow Magazine (sadly no longer available for English reads...sob 😭). This book is beautifully illustrated and filled with prompts and little paper treats. The author looks at ways to be brave and unleash your creativity.

– Phil Beadle's [Rules for Mavericks](#) is a powerful and unafraid look at leading a dilettante, creative life without mediocrity or complacency. A real authentic boot up the ass, if you're looking for one!

– [Ikigai](#) by Héctor Garcia and Francesc Miralles. Ikigai = the reason for being, your meaning for daily existence...but on a deeper level. This book is an amazing journey through Japanese culture and inspires thought-provoking ideas.