



Change Your Mind: 57 Ways to Unlock Your Creative Self

Rod Judkins

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It is a common belief that creativity is something you are born with, and others can only envy. Most creative people are, in fact, just as ordinary as the rest of us. What they have is a belief in themselves, and this is a skill that everyone can learn.

In *Change Your Mind*, Rod Judkins reveals the 57 habits of some of the world's most creative people. From the Beatles to Einstein, Charles Dickens to Damien Hirst, you will learn how to unlock the creativity lurking within. Nuggets of wisdom include the importance of focus, why you should never wait for inspiration to strike, and how you should always turn a failure into a success. Many of these people lack traditional artistic abilities (Bacon couldn't draw, so he didn't; Warhol couldn't paint, so he didn't) but that doesn't stop them from thinking of them. The gift that creative people have is that they believe they are creative, and because they think they are creative, they are creative. My work in the creative industries has introduced me to many great writers, artists and musicians. I have seen that they do not contain a bigger bank of creativity than anyone else. Creative people are not especially creative.

Whether you're trying to start your own business, write music, come up with new ideas at work or just change your way of looking at the world, *Change Your Mind* will do just that. With real-life insights into the minds of writers, artists and musicians, from Picasso to Paul McCartney, *Change Your Mind* will unlock the creative genius you always knew you were.

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