



As an option this session, check out some of these books and decide for yourself if they will be allies to you on your quest! These have been good friends to me through the years and can help anyone who is having concerns about artist blocks or what makes an artist. It's best to try to clear the mind for creation rather than clog it with old beliefs which will just slow you down.

[Art & Fear: Observations on the Perils \(and Rewards\) of Artmaking](#), by David Bales and Ted Orland

[The War of Art: Break Through Blocks and Win Your Inner Creative Battles](#), by Steven Pressfield

[Chi and Creativity: Vital Energy and Your Inner Artist](#), by Elise Dirlam Ching and Kaleo Ching