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Blues" is a

courageous and

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insightful gift to all
writers, artists, and
others whose efforts
and hopes have been
hobbled by
depression. Eric
Maisel shows us how
to stay out of
depression's clutches
so that we can
consistently move
forward with dignity,
resolve, and
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passion."--Sharon
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Synopsis. Using
examples of famous
(Vincent Van Gogh,
Fyodor Dostoyevksy)
and not so famous
artists and creative

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people who have struggled with depression, Dr Maisel shows what lessons can be learned from them and how depression can be harnessed and put to creative use. His four-step, non-pharmaceutical treatment plan offers insights for anyone involved in the

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creative process and legitimizes for many creative people suffering from depression their own instinctive feeling that standard ...

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(Rodale): *The Creative Person's Path ...*

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*The Van Gogh Blues:
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Creative people will
experience
depression--that's a
given. It's a given
because they are

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regularly confronted by doubts about the meaningfulness of their efforts. Theirs is a kind of depression that does not respond to pharmaceutical treatment. What's required is healing in the realm of meaning. In this groundbreaking book, Eric Maisel teaches creative people how to handle

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these recurrent ...

*The Van Gogh Blues:
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The Van Gogh Blues
doesn't seek to break
this stereotype.

Instead, it looks to
examine the reason
why creative people
We all know the story
of the brilliant yet
tortured Van Gogh.

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His mind blowing
creativity was only
matched by bouts of
deeply destructive
depression.

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Edition: reprint:

Publisher: New World
Library, 2012: ISBN:

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Length: 272...

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The Van Gogh Blues:
Meaningful Life, Eric
Meaningful Work,
Meaningful Days.

Excerpted from The
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Creative Person's
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Depression. by Eric
Maisel, PhD |

Updated September

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your time is
meaningful.

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suggesting that
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depression, anxiety,
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persuasively argues
that creative
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their happiness and
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"Maisel's book has
helpful suggestions
for artists and writers
searching for

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depression — that's a given. It's a given because they are regularly confronted by doubts about the meaningfulness of their efforts. Theirs is a kind of depression that does ...

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