



The Creativity Cure: A Do-It-Yourself Prescription for Happiness

Carrie Barron, Alton Barron

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A Do-It-Yourself Prescription for Happiness

In their insightful book, wife-and-husband physicians Carrie and Alton Barron present an innovative, highly achievable five-part plan to unleash happiness and alleviate depression and anxiety by tapping into creative potential.

A gifted psychiatrist and a premier hand surgeon, Carrie and Alton Barron draw upon the latest psychological research, a combined forty years of medical practice, and personal experience to demonstrate how creative action is integral to long-term happiness and well-being. The Five-Part Prescription for the Creativity Cure—Insight, Movement, Mind Rest, Your Own Two Hands, and Mind Shift—leads the way to a more meaningful, fulfilling life by simultaneously developing self-understanding and self-expression. With the Barrons' detailed tools and strategies for cultivating creative outlets, overcoming unconscious fears and barriers to happiness, and linking internal thought to external action, readers will build the mind-set and habits necessary for happiness and positive change. They will experience—and learn how to sustain—the deep satisfaction that accompanies creating something by hand.

The perfect self-help book for our handmade, homemade, crafting culture, *The Creativity Cure* has a simple yet profoundly inspirational message: that you can find the authentic, contented life you crave by taking happiness into your own two hands.

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