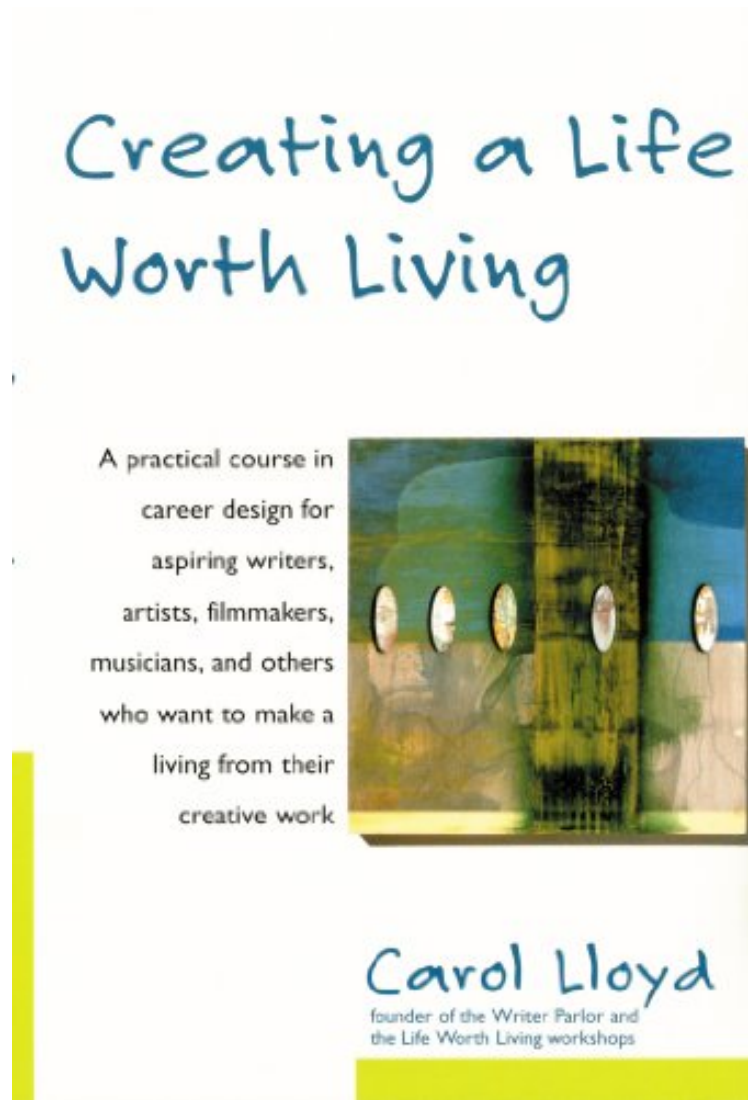


Creating a Life Worth Living

Carol Lloyd

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Carol Lloyd : Creating a Life Worth Living before purchasing it in order to gage whether or not it would be worth my time, and all praised Creating a Life Worth Living:

2 of 2 people found the following review helpful. A brilliant guide for any creative personBy ChaseI've bought, given away, and bought this book again I don't know how many times. It's the best book for anyone hoping to live a creative life that I've ever come across. Calling it a career guide (although it definitely is that) is misleading, as the book contains not only valuable practical advice for earning a living while exercising your creative talents, but also offers a great deal of insight on different types of creative people and different styles of creative thinking. Thus, it's of great value to anyone working or living either with or as a creative person and hoping to understand the process better.It's

filled with interviews with successful artists, writers, entrepreneurs and other creative people - but the examples given are all people who got to where they are through hard work and persistent focus, not by winning some kind of metaphoric lottery (or ridiculous reality show competition) or tapping into family connections or whatever. In other words, the examples are examples that just about anyone can actually learn from, and that illustrate that struggle and self-doubt are often an essential part of the path to sustainable creative output. Finally, one of the best things about the book is that while it is very inspiring, it is also consistently pragmatic and never prescriptive. Lloyd is careful to frame her advice, exercises, and categorizations as suggestions and to encourage the reader to add to or modify them to suit their own experience and goals. Highly recommended to anyone interested in pursuing a creative life. 39 of 39 people found the following review helpful. Clarify Your Creative Ambitions By H. Grove (errantdreams) Carol Lloyd's "Creating a Life Worth Living" bears a subtitle that declares it to be "a practical course in career design for artists, innovators, and others aspiring to a creative life." And in that, it succeeds quite well. The course (developed from workshops Lloyd teaches) starts with the assumption that maybe you have a yearning to do something different with your life, but you don't yet know what that is or, at least, how to do it. Starting with a "daily action" and moving on to some material on idea generation and abstraction, Lloyd mixes thoughts on creativity ("It's good to simply look at your lived experience and separate it from your concepts about 'life.'") with concrete exercises and interviews with successful creative people from all walks of life: teachers, painters, actors, writers, inventors, entrepreneurs, performance artists, dancers, directors, and more. A book like this won't bandage up your life and make everything better in five easy steps. It won't reveal a magical key that will show you how to make millions from your watercolors. But it can help you to see your life a bit more clearly. It can help you to see the options and resources you might have missed, and it can help you to figure out what needs you have, creatively speaking, and how best to fulfill them. Questions encourage you to take both the short and the long view, the practical and the ideal. Lloyd helps you to let go of your preconceptions by having you write down everything, no matter how silly, and by sharing stories of people who succeeded by doing what everyone told them they shouldn't do. So if you're already snugly fitted into your creative career, you'll have little use for this book. But if you're struggling to figure out what to do next or where to go, this book could help you turn your interests and desires into a concrete plan of action that fulfills both emotional and practical needs. 3 of 3 people found the following review helpful. this book should be read by every art school grad By A Ryan This book should be read by every art school graduate within a month of graduation. In fact I look forward to when I can give each graduate of my art school alma mater a copy every year. It really helps one become aware of their own artistic gifts and how to apply them in the practical world- transitioning from the Ivory Tower environment. I gave my copy to a friend, who was going through a mid-life crisis.

Dreaming is easy. Making it happen is hard. With a fresh perspective, Carol Lloyd motivates the person searching for two things: the creative life and a life of sanity, happiness and financial solvency. *Creating a Life Worth Living* is for the hundreds of thousands of people who bought Julia Cameron's *The Artist's Way*, but who are looking for more down-to-earth solutions and concrete tasks for achieving their goals. *Creating a Life Worth Living* helps the reader search memory for inspiration, understand his or her individual artistic profile, explore possible futures, design a daily process and build a structure of support. Each of the 12 chapters, such as "The Drudge We Do For Dollars" and "Excavating the Future," contains specific exercises and daily tasks that help readers to clarify their desires and create a tangible plan of action for realizing dreams. The book also provides inspiring anecdotes and interviews with people who have succeeded in their chosen fields, such as performance artist Anna Devere Smith, writer Sally Tisdale and filmmaker R. J. Cutler. The pursuit of one's dreams is one of the great joys in life but also one of the most terrifying. *Creating a Life Worth Living* is an invaluable road map for this journey, guiding readers as they take the first tentative steps that are necessary before they can fly.

.com Many of us don't fit into the conventional career mold, particularly those of us who work--or aspire to work--in creative capacities. Quality-of-life seekers will feel affirmed upon reading Carol Lloyd's *Creating a Life Worth Living*, in which she posits, "You are actively searching for two things: the creative life you want to lead and the way to create and maintain that life so that you are as sane and as happy and as financially solvent as you want to be." Not just for those engaged specifically in the arts, *Creating a Life Worth Living* is for everyone who realizes the need to approach their personal and career problems in a more creative way. "Every life can benefit from the brilliance and thrill of unleashed creativity," argues Lloyd, "but there are some professions that cannot survive without it." Citing fields as wildly divergent as events planning, teaching, and electronic media (as well as those in the arts), Lloyd outlines nothing less than a plan for reinventing a life. The tasks taken from her workshop encourage readers to investigate old belief systems, then generate new ones. Adding to the book's richness and diversity of resources are writing exercises that provoke awareness, art assignments, and interviews with such artists as vocalist Meredith Monk and writer Mary Gaitskill. *Creating a Life Worth Living* helps readers focus on and respect a part of the self too often lost amidst the larger pressures to conform. About the Author Carol Lloyd, a writer, performer, and entrepreneur, is the founder of The Writing Parlor, a San Francisco literary arts center. For the past seven years, she has led *Life Worth Living* workshops,

helping hundreds attain their creative dreams. Her essay and short fiction have appeared in numerous publications, including the New York Times Magazine, the San Francisco Examiner, San Francisco Focus, and Salon magazine, where she is a regular contributor.