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40 Days 40 Nights: One Woman's Quest to Reclaim Her Creative Mojo

Eleanor O'Rourke

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What does it take to become a creative person? Some say creativity is a talent that few people are born with. Some say it's a skill you can develop, but only through years of practice. They're both wrong - and this book explains why. You have a creative spirit. We all do. It's our birthright. It makes us feel alive. High art - the act of actually painting a masterpiece, penning a novel or throwing a pot - are only a few of its countless expressions. When we hold a narrow definition of what constitutes creativity, we severely limit our potential for joy and fulfillment. This is tragic. When we walk away from living a creative life because we lack the "talent" or discipline to follow through, we suffer. The world suffers. 40 Days 40 Nights charts two women as they travel through their native Britain and the French countryside on a hilarious and sometimes desperate expedition to reclaim their creativity. The prize is not something they acquire at the end, but rather discover along the way. During the journey, these two creative dreamers dismantle the blocks they've put firmly in place... the ones that stop them - and us - from fully experiencing their creativity. Once they awaken this spirit, the results are nothing short of life-changing. Are you ready to awaken yours?

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