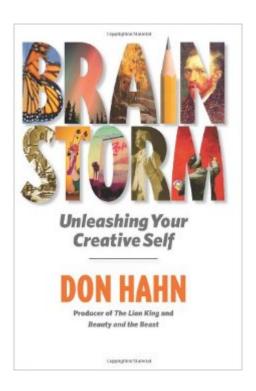
# The book was found

# Brain Storm: Unleashing Your Creative Self





## **Synopsis**

Whether you're writing a novel, painting with watercolors, composing a symphony, or baking peanut butter cookies, creativity plays a crucial role in achieving satisfaction and excellence. But, for many of us, accessing our creative core is difficult, if not impossible. Now, acclaimed film producer Don Hahn offers his own unorthodox, yet highly effective methods for reawakening the creative spirit. Blending personal and often hilarious anecdotes with presciptive advice for rediscovering your creative self, Hahn explores the emotions that accompany creativity and discusses the important of constructing a creative environment. Hahn describes the creative process in stages and lists the forces that drive creativity: balance, chaos, persistence, truth--plus chocolate and coffee. Best of all, he demonstrates how his theories can be put into practice, using his own highly successful career as an example. Filled with humor and empathy, along with some good old-fashioned practical advice, Brain Storm takes readers on an exciting journey to creative greatness.

## **Book Information**

Paperback: 320 pages

Publisher: Disney Editions (May 31, 2011)

Language: English

ISBN-10: 1423140362

ISBN-13: 978-1423140368

Product Dimensions: 5.5 x 0.5 x 8.2 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars Â See all reviews (18 customer reviews)

Best Sellers Rank: #369,534 in Books (See Top 100 in Books) #60 in Books > Engineering &

Transportation > Engineering > Telecommunications & Sensors > Television & Video #229

in Books > Humor & Entertainment > Movies > Genre Films #409 in Books > Arts &

Photography > Drawing > Cartooning

#### Customer Reviews

As I sat down to write this review, I ruminated on the advice tendered by Don Hahn. I looked at the blank screen and wondered how to properly express the corporeality of the book as I knock about on my own journey to understand my creativity. The main thrust of this book is about inspiring creativity in our daily life; the driving force behind recognizing where your creativity wants to be: cooking, painting, blogging, gardening, creating marketing reports, etc. Hahn takes us on a gentle, amusing and thought-provoking path towards a self-enlightenment, of sorts. A self-enlightenment of

creativity and where it might reside within us. To the initiated, it is obvious why Don Hahn is qualified to write a book about creativity. He produced some of the most successful animated films of all time and is considered to be one of the driving forces behind the rebirth of Disney Animation, (To the uninitiated: Beauty and the Beast. The Lion King. Hello!?!)Hahn's style is very affable and never very sententious. He writes from the heart and it is obvious that he fosters a true desire to help us become a more creative self. The book is replete with anecdotes from the span of Hahn's life. When he paints the picture of his much younger self sneaking a colander to bed to fashion impromptu constellations, you can sense the wonder and trepidation he must have felt. Disney enthusiasts will love the stories Hahn relates about his years in the Disney Animation Studios. We meet legends that mentored him, co-workers that dazzled him (and us) and people that fostered (sometimes unintentionally) his creativity in his youth. For myself, Hahn's work made me stop and think about how I like to be creative and what strategies might work best for me.

#### Download to continue reading...

Brain Storm: Unleashing Your Creative Self Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) The Graphic Designer's Digital Toolkit: A Project-Based Introduction to Adobe Photoshop Creative Cloud, Illustrator Creative Cloud & InDesign Creative Cloud (Stay Current with Adobe Creative Cloud) Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self-... happiness) (21-Day Challenges Book 6) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Brain Training: The Ultimate Guide to Increase Your Brain Power and Improving Your Memory (Brain exercise, Concentration, Neuroplasticity, Mental Clarity, Brain Plasticity) Brain Cancer Treatment - How to Beat Brain Cancer And Get Your Life Back (Brain Cancer, Tumor, Brain Cancer Treatment, Natural Treatment) Brain Training: Power Brain! - Secret Techniques To: Improve Memory, Focus & Concentration (Brain teasers, Improve memory, Improve focus, Concentration, Brain power) Self Hypnosis for Beginners: The Ultimate Guide With Systematic Steps To Master Self Hypnosis (Self Hypnosis, Self hypnosis as you read, Self hypnosis diet) Self Hypnosis: The Ultimate Beginners Guide To Mastering Self Hypnosis In 7 Days (self hypnosis, self hypnosis diet, self hypnosis for dummies) Prepper's Storm Shelter: Build Your Own Safe Place That will Stand up a Storm: (Survival Guide, Prepper's Guide) (How to Survive Series) Free to Learn: Why Unleashing the Instinct to Play Will Make Our Children Happier, More Self-Reliant, and Better Students for Life Knight Storm (Celtic Storm Series Book 1) Train Your

Brain for Weight Loss - 2 Self Hypnosis CD's for Weight Loss Empowerment and Exercise Motivation (Train Your Brain for Weight Loss, 1) Why Isn't My Brain Working?: A revolutionary understanding of brain decline and effective strategies to recover your brain's health Brain Games #1: Lower Your Brain Age in Minutes a Day (Brain Games (Numbered)) Brain Games #3: Lower Your Brain Age in Minutes a Day (Brain Games (Numbered)) NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness HYPNOSIS FOR WEIGHT LOSS: SELF HYPNOSIS as you read (FREE Life Mastery Bonus Toolkit Included!) (Self Hypnosis As You Read, Self Hypnosis for Beginners, ... Weight Loss, Self Hypnosis Audio Book 3) Experiencing CBT from the Inside Out: A Self-Practice/Self-Reflection Workbook for Therapists (Self-Practice/Self-Reflection Guides for Psychotherapists)

Dmca