



Four Questions of Creativity: Keys to a Creative Life

Piers Worth

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In *Four Questions of Creativity: Keys to a Creative Life*, a psychologist and psychotherapist introduces the results of his fascinating study on the nature and development of creativity and how creativity changes as we age.

Piers Worth summarizes years of extensive research as he shares the four key questions he feels help all of us find and express creativity in our lives. While learning the specific ways to find the energy and the will to start on a path to creativity, others will discover the answers to:

- What is creativity?
- How do I become creative?
- What is the contribution of mentoring?
- How might creativity change as we age?

Through listening to creative people and their stories, Dr. Worth offers a new perspective as he leads others to discover what activities and actions will lead not only to creativity, but also increased energy, vitality, fulfillment, and happiness at any age.

" ... This is a book that offers hope as we age, acknowledging how a creative life over time fosters quality relationships that deepen the prospect of our humanity through our capacity to love."

-Dr. Andrew Machon, author of *The Coaching Secret*

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