

365 Days to Boost your Creativity

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Synopsis:

By lack of time and by every day habits, our creativity can not blossom. But only a few minutes a day can enhance your abilities.

Boosting your creativity will have several beneficial aspects: increasing self-esteem, relaxing, getting new ideas, beautifying your everyday life

- **A new theme each week:** overcome your fears, getting self confidence, accepting to let things go
- **Exercises:** writing, mind mapping, drawing, collages ...

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Artist and Author she is a regular contributor to *Marie Claire Idées*. She especially likes creating paper projects. This book is the sum of more than 20 years spent in creations. She is the author of *My first Steps in Kirigami* and *Creative Wrapping*, published by Marie Claire Books.

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