

Changing Patterns

Discovering the Fabric of Your Creativity

Daena Giardella & Wren Ross

Specifications

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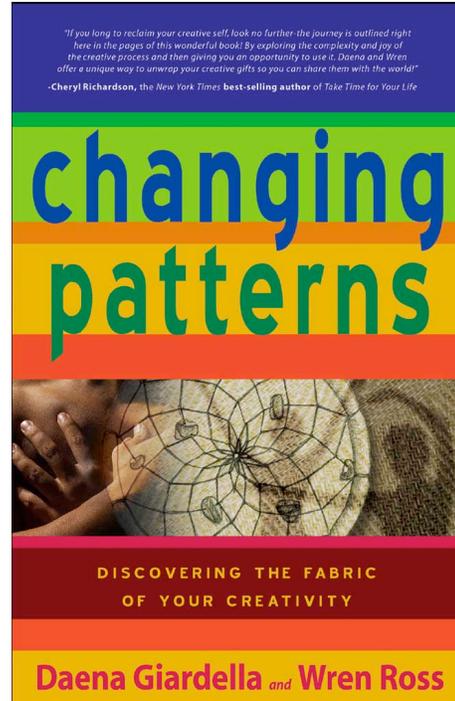
“If you long to reclaim your creative self, look no further- the journey is outlined right here in the pages of this wonderful book! By exploring the complexity and joy of the creative process and then giving you an opportunity to use it, Daena and Wren offer a unique way to unwrap your creative gifts so you can share them with the world!”

Cheryl Richardson, New York Times bestselling author of *Take Time for Your Life*

About the Authors

Daena Giardella is an actor, creativity coach, and motivational speaker who has inspired audiences and workshop participants around the globe. Her innovative one-woman improvisational theater performances have earned kudos in the USA and abroad for their portrayals of the outrageous challenge of being human. She was featured in *The Life Makeover Project with Cheryl Richardson* on *Oxygen TV*; and she has appeared on numerous other TV and radio programs, including the PBS series *Discovering Psychology*. Website: www.daenagiardella.com

Wren Ross is an actor, singer, knitwear designer, and fiber philosopher. Her writings about knitting have been published in two editions of *Knit Lit* as well as *Interweave Knits* magazine. She has created many cabaret performances, and is also an accomplished voice-over actor. Her workshops empower people to find their authentic voice. Website: www.wrenross.com



Sales and Marketing

In the first part of this book, **Daena Giardella** takes a fascinating look at how developing a dynamic relationship with your creative process can change your life. By understanding the psychological stages of the creative process, learning to define your unique work cycles, and making peace with your inner critic, you'll learn to overcome the obstacles that keep you stuck, so you can finally allow creativity to take center stage in your life with passion and confidence.

In the second part, **Wren Ross** invites you to experience the power of the creative process using knitting as an active form of meditation. “Knitting is a profound metaphor for life,” says Ross, “by observing how you begin and end a project, get out of tangles, and deal with mistakes, you’ll see how the act of creation can teach you a lot about yourself.” Included are two simple and beautiful projects designed to help you reflect upon your personal life patterns.

This unique book combines the wisdom and creative genius of two artistic pioneers who have helped thousands of people access and express the fullness of their own creative potential.

Promotion: TV TBA, radio, print & Internet advertising.

Author Residence: Near Cambridge, Mass.