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Growing Gills takes you step by step through the process of pinning down exactly what's stopping you from finishing your beautiful, inventive, and potentially game-changing projects. Using the power of conscious decision, you'll build your own unique system for fitting creative work into your existing life , taking into consideration how you work best.

Growing Gills: How to Find Creative Focus When You're ...

Growing Gills is a practical guide to flourishing in your creativity while balancing it with all of the things in one's daily life that often detract from it. Author Jessica Abel includes this philosophy along with numerous actionable steps and approaches to help the reader maximizing their creative process,

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prioritize and focus on the projects most important, and offers steps to follow ...

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Growing Gills is a Jessica Abel course in book form. You will start with owning that you have a desire to create (otherwise you would not be interested in the book) and then Jessica walks you through how to make that desire into reality. From collecting your ideas to making a plan, Growing Gills will help you build creating into your life.

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In *Growing Gills*, you'll discover that the power is already within you to make your work. The biggest obstacles to your getting your important creative work done lie in the unknowns you're facing. *Growing Gills* takes you step by step through the process of pinning down exactly what's stopping you from finishing your beautiful, inventive, and potentially game-changing projects.

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Go from overwhelmed, anxious, and stuck, to consistent, clear, and in control of your creative life. If you feel like you're floundering in the deep end (Not waving, drowning!), and anxiety over the complexity and enormousness of your creative projects overwhelms you, stop scrambling to fit everything in and feeling st

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