



# **Standing at Water's Edge: Moving Past Fear, Blocks, and Pitfalls to Discover the Power of Creative Immersion**

*Anne Paris*

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For most people who seek to create — whether they are artists, writers, or businesspeople — the daily task of immersing themselves in their creative work is both a joy and a profound challenge. Instead of stepping easily into the creative state, they succumb to chronic procrastination and torturous distraction.

In *Standing at Water's Edge*, psychologist Anne Paris calls on her extensive experience in working with creative clients to explore the deep psychological fears that block us from creative immersion. Employing cutting-edge theory and research, Paris weaves a new understanding of the artist during the creative process. Rather than presenting the creation of art as a lonely, solitary endeavor, she shows how relationships with others are actually crucial to creativity. Shining a light on the innermost experience of the artist as he or she engages with others, the artwork, and the audience, Paris explores how our sense of connection with others can aid or inhibit creative immersion. She reveals a unique model of “mirrors, heroes, and twins” to explore the key relationships that support creativity. Paris’s groundbreaking psychological approach gives artists valuable new insight into their own creative process, allowing them to unlock their potential and *finish* their greatest projects.

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