



# **Breakthrough!: Proven Strategies to Overcome Creative Block and Spark Your Imagination**

*Alex Cornell (Editor)*

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All of us struggle at one time or another with creative block. Always striking at the worst moment, it can leave you feeling completely paralyzed. Take solace in knowing that you are not alone. It happens to everyone and is actually an inevitable part of the creative process. *Breakthrough!* is a lively compilation of strategies for combating creative block offered by a who's who of leading graphic designers, typographers, cartoonists, photographers, illustrators, musicians, writers, and other creative professionals. Because every block is different, they offer a wide variety of solutions—from cleaning the house and eating spicy food to making a plaster cast of your hands and feet—that are surprising, amusing, at times weird, but always inspiring. *Breakthrough!* is rocket fuel for any creative individual in need of a catalyst to get ideas flowing again.

## Breakthrough!: Proven Strategies to Overcome Creative Block and Spark Your Imagination Details

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**Kevin Eikenberry** says

This is one of those books that showed up as a recommendation when I was making a purchase on Amazon. How does Amazon know that I sometimes want to spark my imagination? (I might not want to really know the answer to that ... - See more at: <http://blog.kevineikenberry.com/leade...>

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**Caroline Bennett** says

This would have got more stars if it hadn't been for the incredibly annoying formatting error that started three quarters of the way through and continued for the rest of the book. I can't believe no one copy-reading it spotted it. Whatever glitch it was it turned a bunch of punctuation into accented letters.

I felt it was more graphic-design-focused (which is perhaps why the text error went unnoticed) than I had thought when I bought it. I was coming from a writing angle but there was still plenty I could gain from it.

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**Nikki Taylor** says

Book has a good set-up  
Creative idea of a book!  
However it got really repetitive & by the end I got bored

A few of the people had really cook advice though!  
:)

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## David says

Well designed (as it should be) Break Through surveys a nice cross-section of contemporary creatives on the question of hitting the creative wall. What I found most interesting was not so much the unique approaches of some individuals [although there are some great/funny ones] but the fact that most of us share a handful of go-to approaches to overcoming creative blocks and, for the most part, involve taking the time to walk away from our work--for the sake of the work.

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## Mukesh Gupta says

The book is full of interesting insights and strategies to kick start our creative juices. Made a notebook full of notes.. and intend to use the notes to juice up my creativity.. Looking forward..

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## Am Y says

This would've been a 5-star read for me, if not for the fact that there was clearly a printing or some sort of error on many pages near the 75% mark in the book - there were weird characters mixed with the text which made it very difficult to read. Why was this not checked before it was published?

But that aside, this book was a pleasant read both visually and intellectually. It is essentially a compilation of short snippets of advice from "creatives" from all fields (e.g. musicians, writers, artists, designers, etc), on how to overcome "creative block". Some give quirky, fun or playful tips, while others adopt an analytical, more left-brained type approach to solving the problem of "mind block". The multitude of different perspectives was enjoyable to consider; the text was concise and never difficult to process.

I loved the fact that "quotable quotes" from each creative were plucked out and stylised, ala Pinterest-style. Enhancing the quotes in this way made many of them seem fresher and more invigorating.

One of the creatives said to hitchhike to Mexico and spend the night there. Another asked you to fill in a survey. And someone lamented on the nature of how our present-day fast-paced capitalist economies are much more unforgiving on "creative block" than in the olden days, when artists could take months or even years to "find their inspiration" again. This is an example of what you'll find in the book - an eclectic mix of wonderful ideas and formats.

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## Iryna says

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## Maria says

The book is a collection of sometimes serious-sometimes funny advice on how to overcome creative block and it might be a good fit for people at the start of their creative career. It's a fun, easy read (I finished it in an hour while thinking about a project at the same time), but don't expect any revolutionary solution. Basically, the book helps you accept the fact that creative block is normal, that it's part of the process. The advice, however, is rather predictable and I'm sure any creative person with some experience in the field has already tried most of the things in this book. We all have our ways to cope with creative block, we just need to figure out what works best for us and apply it instead of panicking over lousy ideas.

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## Earl says

A collection of tips and advice from creative thinkers to break through a block or a rut. Probably better to read piecemeal instead of through and through. I actually found this book helpful as I was reading it so that's always good!

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## AGNESE says

Gr?mata, kas ir laba neliel?s dev?s! Var noder?t br?žos, kad vajag ?tri sapurin?t sevi un savas domas. Bet j?atz?st, ka gr?matai, man? skat?jum?, tom?r tr?kst svaigu un ori?in?lu ideju, k? tad c?n?ties ar radošo kr?zi, jo teju visa gr?mat? apkopot? inform?cija jau kaut kad ir bijusi las?ta/dzird?ta/pielietota praks?. Gr?matai dodu 2,5 zvaigznes!

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**Kristen Curette says**

Awesome book to have on the book shelf. I refer to it often, as I'm always in creative block.

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**Dearwassily says**

I need to stop wasting time reading so much crap.

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**Karen Lacey says**

Really fun and motivating. Some of the ideas are applicable. This is a good read for just picking it up and getting some inspiration from people with success.

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