



### **Book Recommendations**

#### Big Magic by Elizabeth Gilbert

The sub-title *creative living beyond fear* sums up this book beautifully. Have you ever felt scared about putting one of your ideas into action, or of creating something new, or of actually believing in yourself and your ideas? Elizabeth Gilbert, renowned author of *Eat, Pray, Love*, shares wise and inspiring insights to help us all to be brave and to live our authentic lives.

Gilbert defines creative living as "living a life that is driven more strongly by curiosity than by fear". She expresses an inherent belief in us all, challenging us as to whether we have "the courage to bring forth the treasures hidden within us".

This book speaks to an outlook of abundance, rather than one of scarcity, and this aligns with our belief in life, that there is an abundance of opportunities, of ideas, of ways to care and contribute. Our journey involves bringing forth our treasures and courageously and bravely sharing them with our world. We certainly felt comforted, inspired and uplifted by absorbing the messages within this book and we hope you do to.

At **my manifesto** we treasure the opportunity to work with individuals as they uncover their courage, their uniqueness and their creativity. Gilbert powerfully reminds us that creativity is not just a gift to the audience, that it is also a special gift to the creator.

We highly recommend this book, and we hope you love Elizabeth Gilbert's narrative of 'The Road Trip' (pages 24-26), helping us all to make space for our fears. Happy reading!