



Creativity on Demand: How to Ignite and Sustain the Fire of Genius

Michael J. Gelb

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Do moments of inspiration have to be few and far between—or can you develop the ability to access your deepest creativity at any time? Michael Gelb has discovered the missing key that allows genius to flourish: an open, reliable connection to the vital life energy we all possess. “The practices for accessing energy have been developed for thousands of years in yoga, martial arts, and Chinese medicine,” Gelb says. “I’ve asked today’s greatest living masters of these arts to contribute their most effective practices for cultivating creative energy—in a way that the average person can do in 20 minutes or less.”

With *Creativity On Demand*, Gelb teaches a series of time-tested practices to clear blockages and open the flow of creative energy, then reveals how these techniques can be integrated with the renowned creative mindset and creative process tools he’s taught to individuals and organizations worldwide. Join him as he shares potent secrets for:

- Mastering creative energy—discover qi, the “fire of genius,” and learn movement-based practices to amplify it
- Mastering creative mindset—how to break out of conventional thinking and fear-based limitations to unleash your potential
- Mastering the creative process—guidance to help you channel your creative energy, refine your ideas, and translate inspiration into reality
- Effective, easy-to-learn techniques and strategies for accessing the power of qi and creating a reservoir of creative energy you can rely on when you need it

“Creative energy is a resource that doesn’t get depleted when you use it,” teaches Michael Gelb. “Rather, the more you access it, the stronger it becomes. With an investment of less than half an hour a day, you’ll discover that within a few months you’ve significantly strengthened your core creative energy.” Here is Michael Gelb’s most powerful work yet on unlocking our potential to innovate, achieve, and access our *Creativity on Demand*.

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