



## Unlock Your Creativity: A 21-day Sensory Workout for Writers

*Sue Johnson, Val Andrews*

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# **Unlock Your Creativity: A 21-day Sensory Workout for Writers**

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**Unlock Your Creativity: A 21-day Sensory Workout for Writers** Sue Johnson, Val Andrews  
"Unlock Your Creativity: a 21-day sensory workout for writers" is the first book in the series co-authored by Sue Johnson and Val Andrews. Unlock Your Creativity begins with exercises to help the reader identify their creative aspirations. It then takes them on a 21-day journey through the senses, showing a variety of ways to fuel their creative writing. Sue and Val support this sensory workout with a selection of practical planning tools, hints and tips to keep the creative writer focused on achieving their goals and to help sustain their momentum and work-flow when life gets in the way. This book also incorporates exercises and information from Sue and Val's successful Unlock Your Creativity Workshops. It is a must read for anyone who has always wanted to write but doesn't know where to start.



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