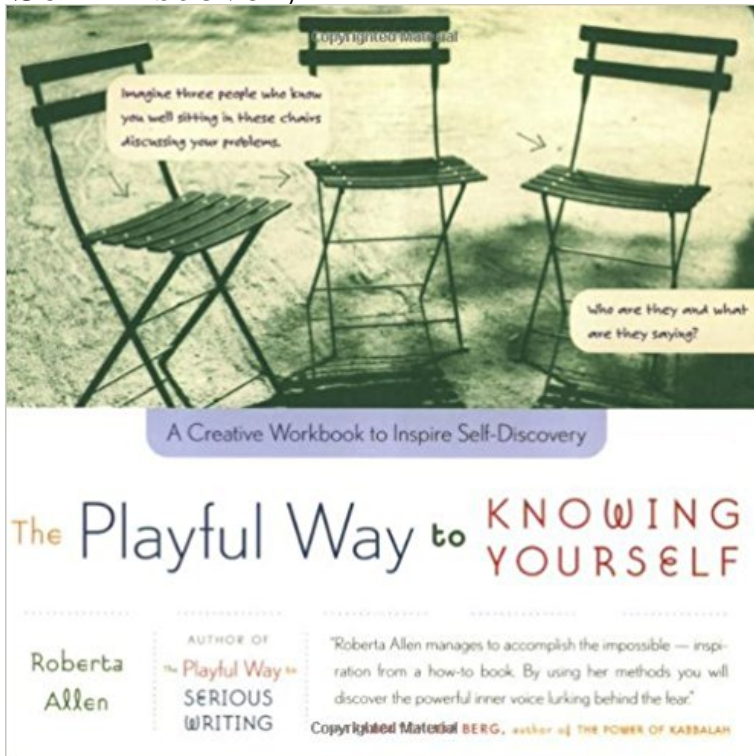


# The Playful Way to Knowing Yourself: A Creative Workbook to Inspire Self-Discovery



With *The Playful Way to Knowing Yourself*, the creativity coach Roberta Allen at last reveals a practical method for changing, or simply enhancing, the way you look at yourself -- and others. Employing her signature combination of verbal directives and visual cues, Allen has created a dynamic workbook that prompts you to look at yourself from angles and perspectives you would not otherwise see. When traditional barriers are broken down through these refreshing, unpretentious, and gently probing exercises, the results can range from subtle to astonishing. At the very least, you will get surprising glimpses of yourself. At best, you will have deep insights that lead you to action or to accepting yourself just as you are. Allens playful way approach has elicited praise from all corners -- from graduate school professors to best-selling authors to therapists to high school teachers to hundreds of former students. Whether used as a journal or a keepsake or a serious self-help tool, *The Playful Way to Knowing Yourself* will take you on a delightful, illuminating, and inevitably fulfilling personal journey. In the end you will know yourself better than ever before.

Green Artists League GALvanizing Eco-Responsibility Subscribe via RSS HOME ABOUT ALCHEMICAL GARDEN ECOVENTIONS Help Cultivate The Alchemical Garden: An Edible Garden and Art Park at Newburyport's Rail Trail Posted by erin on April 25, 2011 3 comments The Alchemical Garden site February 2010 GAL is turning a desolate field of weeds into a visually compelling garden that will educate and engage the community for years to come. Located on a 160 x 25 site near the south entrance of Newburyports Clipper City Rail Trail, the Alchemical Garden is a richly layered evolving art and horticulture experience that is accessible on many different levels to the public. Alchemical Garden Plot plan Alchemical Garden is designed to become a model for a sustainable, interactive public garden through the use of symbiotic, low maintenance plantings and recycled materials. The ancient discipline of Alchemy marries art and science and is famously known for transforming a common material into gold. The Alchemical Garden will lead the community to transform on a number of levels : Alchemical Garden with Spring Wheat "Crop Circles" June, 2011 BUILD COMMUNITY: The Garden creates a gathering space for individuals to form a more intimate relationship with their community. The space is designed with visual features and seating areas to compel passers-by to pause, reflect, and have a multi-sensory interactive experience ( sight, smell, touch, taste, smell) with the garden and the community. Read the rest of this entry Categories: Alchemical Garden, Articulture, Current Events, Projects. Tags: alchemy, art, bike, crucible, ecology, garden, green art, hedge, hyper-accumulating, industry, living structure, Newburyport, permaculture, rail, sculpture, soil remediation, trail, tree guilds.

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