

May 2001 Meeting [Click to see photos](#) [by Al Villaire](#) and [by Hunter Anderson](#)

Eric Maisel, author of *Sleep Thinking* (and many other books on the creative process)

Solve Writing Problems Using the Sleep Thinking Program



In *Sleep Thinking: The Revolutionary Program That Helps You Solve Problems, Reduce Stress, and Increase Creativity*, (Adams Publishing, 09-2000) psychotherapist and creativity coach, **Eric Maisel**, outlines a simple, step-by-step program for enlisting your brain while you sleep. In his talk, Dr. Maisel will explain how the Sleep Thinking Program can be tailored to the needs of writers so that they can solve writing problems and deepen their connection to their work.

Maisel says "Although brain researchers have used the phrase 'sleep thinking' for a long time, little attention has been paid to the brain's profound ability to solve problems and create while we sleep. I have explored this territory in my book . . ." There "I outline a complete program for using your brain's natural ability to solve relationship problems, work problems, creative problems, and practical problems of all sorts."

Dr. Maisel is the author of *Fearless Creating*, *The Creativity Book*, *Deep Writing*, *Living the Writer's Life* and many other books. He is a lecturer at St. Mary's College (Moraga, California), and lives with his wife, Ann Mathesius Maisel, in Concord, California. They have two daughters, Natalya and Kira, and four cats, Charlie, Bailey, Max, and Sam. He is a member of the Mt. Diablo branch of the California Writers Club.

His web site www.ericmaisel.com You can spend all day here! Subscribe to his two newsletters, too.

The Shopping Mall of his web site has links to purchase more than a dozen of his books.

[Choosing](#) Excerpted from ERIC MAISEL'S CREATIVITY NEWSLETTER #4, OCTOBER 2000. This page has links to lots of other Maisel stuff.

**MOVING
ISRAEL**
by
Eric Maisel

It's an e-book!

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