Why Smart People Hurt A Guide For The Bright Sensitive And Creative Eric Maisel

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Nonfiction Book Review: Why Smart People Hurt: A Guide for ...
— Eric Maisel, Why Smart People Hurt: A Guide for the Bright, the Sensitive, and the Creative “The primary challenge that smart people must deal with is making sense of meaning. Natural psychology suggests that the best answer to this problem is donning the mantle of meaning-maker and engaging in value-based meaning-making.

Why Smart People Hurt, A Guide for the Bright, the ...
xii Why Smart People Hurt An aspect of her self-awareness is the knowledge that she is smart. She is aware very early on that she is a little or a lot different from the people around her, and this sense of difference—which can be experienced as grand (or grandiose), as alienating, as mortifying, as wonderful,

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Why Smart People Hurt A
Why Smart People Hurt: A Guide for the Bright, the Sensitive, and the Creative. The challenges smart and creative people encounter--from scientific researchers, genius award winners, to bestselling novelists, Broadway actors, high-powered attorneys, and academics--often include anxiety, over-thinking, mania, sadness, and despair. Specifically,...

Optimize Interview: Why Smart People Hurt with Dr. Eric Maisel
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Why Smart People Hurt: A Guide for the Bright, the Sensitive, and the Creative by Eric Maisel. The challenges smart and creative people encounter--from scientific researchers, genius award winners, to bestselling novelists, Broadway actors, high-powered attorneys, and academics--often include anxiety, over-thinking, mania, sadness, and despair.

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Why Smart People Hurt A Guide for the Bright, the Sensitive, and the Creative (Book) : Maisel, Eric, 1947- : The challenges smart and creative people encounter--from scientific researchers, genius award winners, to bestselling novelists, Broadway actors, high-powered attorneys, and academics-- often include anxiety, over-thinking, mania, sadness, and despair.

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And smart people, Maisel argues, are especially prone to these kinds of issues—their brains are wont to race without an off switch, grind away at difficult problems, create rigorous mental ...

Challenged By Being So Smart - High Ability
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In "Why Smart People Hurt" Dr. Eric Maisel delineates a number of both external and internal influences on high ability people, providing information about these often subtle influences, and giving suggestions to enhance self-understanding and emotional health to help people more fully use their capabilities, making their lives more creative and fulfilled, to the benefit of others as well as themselves.

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Why Smart People Hurt: A Guide for the Bright, the ...
Dr. Eric Maisel is the author of more than thirty five books. His interests include creativity and the creative life, mental and emotional health, and philosophy and the art of making meaning.

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Also in his book Why Smart People Hurt: A Guide for the Bright, the Sensitive, and the Creative, Eric Maisel has a chapter on Thinking Anxiety, which includes these perspectives: “People who perform tasks known to provoke anxiety are obliged to deal effectively with that anxiety if they want to perform that task well.

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