

Step 8: Cultivate Creativity

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Synopsis

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<p>The act of creating fills us with a sense of purpose and satisfaction that little else can. Here, Melissa steps you through practical ways to infuse your days with self expression (even if youâ€™ve never considered yourself a â€œcreativeâ€• person) and shows you how to find activities that bring you mountains of joy.</p>

Reader's comments

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