



## Living Juicy: Daily Morsels for Your Creative Soul

By Sark



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LIVING JUICY is jumping for joy on the inside. Sark gives us the juice to nourish our creative souls with this map and miniature guidebook. Weekly topics include "procrastinating," "energizing," "adventuring," "aging," and "shouting." Each daily affirmation is designed to stop those dry and cracked feelings and give us those sweet, wild moments we crave.

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### Editorial Review

From the Publisher

Sark has over 500,000 books in print!

About the Author

SARK is a writer, artist, and acclaimed teacher on the subject of creativity. She was featured on the PBS series Women of Wisdom and Power. She is a recovering procrastinator and perfectionist who practices what she teaches. SARK lives in a Magic Cottage in San Francisco with her cat, Jupiter.

### Users Review

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