



## ***The Listening Path: The Creative Art of Attention (A 6-Week Artist's Way Program)***

**Julia Cameron**  
***Bestselling Author of *The Artist's Way****

Julia Cameron, author of the explosively successful *The Artist's Way*, has inspired millions of people, from *Eat, Pray Love* author Elizabeth Gilbert to Alicia Keyes and Pete Townsend, to *Dancing with the Stars'* Julianna Hough and Brandy, to find a deeper connection to themselves by doing their Morning Pages each day.

With her new book *THE LISTENING PATH: The Creative Art of Attention*, Julia reveals how deeper, more profound listening can open a path to creative and personal transformation. Throughout the six-week course, she offers the tools to become better listeners—to our environment, the people around us and ourselves. The reward for learning to truly listen is immense. As we learn to listen, our attention is heightened, and we gain healing, insight and clarity. But above all, listening creates connections and ignites a creativity that will resonate through every aspect of our lives.

*The Artist's Way* brought creativity into the mainstream conversation—in the arts, in business, and in everyday life. In *THE LISTENING PATH* Julia offers a new method of creative and personal transformation by incorporating the tools and methods from her groundbreaking book.

Each week, readers will be challenged to expand their ability to listen in a new way, beginning by listening to their environment, to others, to their higher self and their heroes, and culminating in learning to listen to silence. These weekly

practices open up a new world of connection and fulfillment. In a culture and a time of constant sound, Julia reminds us of the power of truly hearing.

## Online Interview

Saturday, Jan. 23rd at 6pm EST (3 PM PST)

Hailed by the *New York Times* as “The Queen of Change,” JULIA CAMERON is credited with starting a movement in 1992 that has brought creativity into the mainstream conversation—in the arts, in business and in everyday life. She is the best-selling author of more than forty books, fiction and nonfiction; a poet, songwriter, filmmaker and playwright. Commonly referred to as “The Godmother” or “High Priestess” of creativity, her tools are based in practice, not theory and she considers herself “the floor sample of her own toolkit.” *The Artist’s Way* has been translated into forty languages and sold over five million copies to date. Julia Cameron Live; <https://juliacameronlive.com/blog/>

Faith Adiele is a renowned writer who speaks and teaches around the world. *Meeting Faith*, her memoir about leaving Harvard to become Thailand’s first Black Buddhist nun, won a PEN Award and routinely makes best travel writing lists. Her many other projects include: *My Journey Home*, a PBS documentary about finding family, *The Nigerian-Nordic Girl’s Guide to Lady Problems*, and *Coming of Age Around the World: A Multicultural Anthology*. She writes for the meditation app Calm, as well as for *A World of Calm*, a new series co-produced by Calm and HBO, with narration from Idris Elba, Nicole Kidman, Lucy Liu, Cillian Murphy, Kate Winslet, and others.

Website: [www.adiele.com](http://www.adiele.com)

## *Praise for* THE LISTENING PATH

*“Julia Cameron brought a new approach to creativity to the world with her extraordinary book, The Artist’s Way. Now, in The Listening Path, she takes us into a completely different dimension of creativity: the ability to listen at deeper and deeper levels. As a lifelong student of the art of listening, I can tell you there is nothing quite like this book. I encourage you to read The Listening Path and make use of its life changing gifts.”*

—Gay Hendricks, Ph.D. *New York Times* bestselling author of *The Big Leap* and *Conscious Luck*

*“Julia Cameron has done it again. In *The Listening Path*, she gently guides us to become more in tune with ourselves, our world, each other, and beyond—bringing more clarity, connection and joy into our lives. Whether you’re a seasoned creator or just getting started, *The Listening Path* will guide you to access the treasure trove of wisdom that lives within, and in the world around you.”*

—**Amber Rae**, author of *Choose Wonder Over Worry*

*"an accessible, insightful...take on how being a better listener can increase creativity. Cameron’s fans will love this straightforward program."*

—**Publishers Weekly**

*“Cameron writes beautifully and sincerely.... A much-needed primer on opening ourselves to listening to others at a time when that is so badly needed.”*

—**Booklist**