

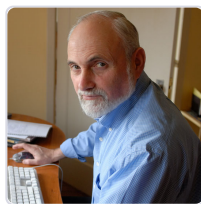


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Headshot



[MaiselKeyboard.jpg](#)

Biography or URL to a media kit

About Eric Maisel

Eric Maisel, PhD. is the author of more than fifty books.

His books in the area of critical psychology include *Overcoming Your Difficult Family*, *Rethinking Depression*, *The Future of Mental Health*, *Helping Survivors of Authoritarian Parents*, *Siblings and Partners*, *Humane Helping*, and *Helping Parents of Diagnosed, Distressed and Different Children* (Routledge, 2019).

His books on creativity and the creative life include *Coaching the Artist Within*, *The Van Gogh Blues*, *Mastering Creative Anxiety*, *Fearless Creating*, *Creative Recovery*, *Making Your Creative Mark* and the forthcoming *Unleashing the Artist Within* (Dover, 2019).

His books specifically for writers include *Deep Writing*, *A Writer's Space*, *Living the Writer's Life*, *Write Mind*, *A Writer's San Francisco* and *A Writer's Paris*. His books on creativity coaching include *Secrets of a Creativity Coach*, *Become a Creativity Coach Now!*, and *Inside Creativity Coaching* (Routledge, 2019).

Dr. Maisel, widely regarded as America's foremost creativity coach, is a former psychotherapist, active creativity coach, and critical psychology advocate. He writes the "Rethinking Mental Health" blog for *Psychology Today* (with two million views), lectures nationally and internationally, and provides keynotes for organizations like the International Society for Ethical Psychology and Psychiatry.

Dr. Maisel facilitates deep writing workshops in locations like Paris, London, New York, Dublin, Prague, and Rome. He has provided hundreds of print, radio, and television interviews and has taught tens of thousands of students through his classes with DailyOM. You can learn more about his workshops, trainings, books and services at www.ericmaisel.com;

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Suggested Interview Title	Journaling for Anxiety Management
Interview Questions	What sort of work do you do with creative and performing artists? Why is anxiety such an issue for creatives? What anxiety management tools do you suggest that creatives use to manage anxiety? How can journaling be used for anxiety management?
Email List Size	6000
Solo Email Date #1	11/18/2019
Solo Email Date #2	11/26/2019
Additional promotional efforts	facebook

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