



Emotion and Art: Mastering the Challenges of the Artist's Path

John Ruskan

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In this highly original work, John Ruskan explores the intricacies of feeling-oriented art. He presents radical insights about the nature of the art process that explain exactly what it is that artists do, how they can do it better, and how to make art an essential route to enlightenment through revealing and integrating the personal unconscious. He demystifies artistic manic-depressiveness, clarifying in remarkably simple terms how it forms and how it may be handled and reversed. His original three stages of art provide a road map for those traveling the glorious yet often perilous path of the artist, revealing those perils and how to avoid them. He will enable you to experience art, either as a viewer or creator, as a vital part of your evolutionary advancement.

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