



Creativity: The Ultimate Teen Guide (It Happened to Me)

Aryna Ryan

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While many teens find it easy to express themselves through any number of creative outlets—singing, drawing, writing, or playing a musical instrument—not all young adults are able to readily access their talents. Even worse, some teens are convinced—either by themselves or others—that they don't have any creative ability at all. They never think to challenge this assumption and as a result, miss out on the pleasures and rewards that tapping into their creative reserves might generate.

In *Creativity: The Ultimate Teen Guide*, Aryna Ryan helps teens remove the barriers to being creative. This book explains what creativity is and what it isn't, and asserts that everyone—including teens of all ages—are creative beings. Chapters in this book cover

- myths of creativity,
- creativity assessment,
- the role of creativity in happiness,
- the Creative Problem Solving process, and
- creative brainstorming techniques.

Most important, this book offers ways in which teens and those close to them can cultivate creativity. Teens will also learn how to maximize their creative possibilities and resist impulses and individuals that crush creativity. With insights into how teens have the potential to be the most creative people of all, along with a list of resources that can help them, *Creativity: The Ultimate Teen Guide* is a unique book that young adults and their families will find invaluable.

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