
Book Title: **Everyday Creativity and The Healthy Mind:**
Dynamic New Paths for Self and Society

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It is good for us, good for our world! *Everyday creativity*, our “originality of everyday life,” offers health, joy, and life meaning, plus a fresh new worldview and view of self-in-world. One sees self as *process*, life as profoundly interconnected, emergent, surprising, and dynamically changing, with health related to qualities including our change potential, conscious awareness, openness, and non-defensiveness, as we “go with” —and add our unique piece to—this flow. We all have universal creative potential, essential in evolution, yet it often goes unnamed and underdeveloped. Framed by the “Four Ps of Creativity” (product, person, process, press) this treatment highlights *process*. It turns the camera around from the usual preoccupation with creative *product* to look back—to explore our creative *process* and how this changes the creative *person*. This can be for the better, enhancing connections with life, beauty, possibility, each other, and our future. In addition, environmental *press* can build or kill creative potential. Happily we can shift environment toward vastly healthier ends. Part of this picture includes unusual topics such as “normality,” beauty, nuance and creative relationships.

Dr. Ruth Richards, psychologist, psychiatrist, professor at Saybrook University, and Fellow, American Psychological Association, has published numerous articles, edited/written three books on *everyday creativity*, and received the Rudolf Arnheim Award for Outstanding Lifetime Achievement (Division 10, APA). She sees dynamic creative living as central to individuals and cultures, and a new worldview.