



The Courage to Create

By Rollo May

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"Extraordinary, wise, and hopeful... nearly poetic meditations."—*Boston Globe*

What if imagination and art are not, as many of us might think, the frosting on life but the fountainhead of human experience? What if our logic and science derive from art forms, rather than the other way around? In this trenchant volume, Rollo May helps all of us find those creative impulses that, once liberated, offer new possibilities for achievement. A renowned therapist and inspiring guide, Dr. May draws on his experience to show how we can break out of old patterns in our lives. His insightful book offers us a way through our fears into a fully realized self.

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Editorial Review

Review

A signal testimonial to the creative spirit. . . . A brilliantly incisive exploration of the creative 'encounter' the coming to grips of the healthily committed creative artist or thinker with his sociocultural background and with his own dangerously Promethean impulses. "

Another in Dr. May's extraordinary, wise, and hopeful . . . series of nearly poetic meditations on the future of mankind. "

A lucid and highly concentrated analysis of the creative process.... [May] describes the requisites for the creative encounter and the moment of the 'breakthrough.' "

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About the Author

Rollo May (1909-1994) taught at Harvard, Princeton, and Yale, and was Regents' Professor at the University of California, Santa Cruz. An influential psychologist, he was the best-selling author of *Love and Will*, as well as the author of *The Courage to Create*, *Man's Search for Himself*, *The Meaning of Anxiety*, and *Psychology and the Human Dilemma*.

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