Corry MacDonald

AUTHOR.

SPEAKER.

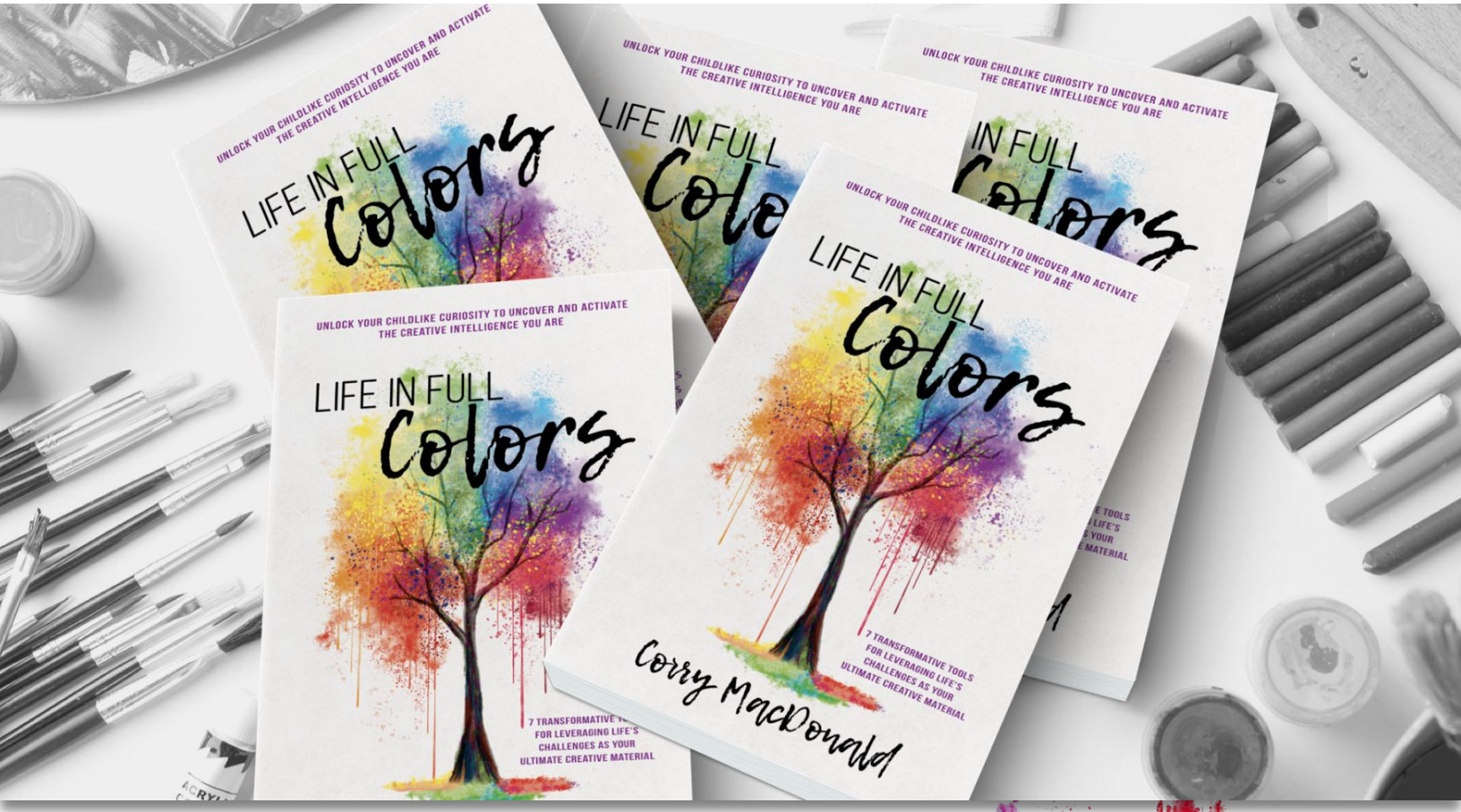
EXPRESSIVE ARTIST.

TRANSPERSONAL ART THERAPIST.

ENERGY HEALER.

HEARTSPEAKER.

ADVANCED COGNITIVE COACH.



PUBLISHED

January 2021

CORRY MACDONALD

AUTHOR BIO

Integrating her training as an expressive artist and transpersonal art therapist, Corry MacDonald shares her findings from both her personal life and professional experiences as an advanced cognitive coach, energy healer and HeartSpeaker, teaching people how to ignite healing from their unique life challenges.

Based on a decade of dedicated work, Corry dives into the realm of inner and outer transformation with a simple and potent 7-step process for alchemizing heavy-hued emotions and experiences into light, intelligence and information.

Corry MacDonald

ADVANCED COGNITIVE COACH

Corry is a Creative Healer with over 20 years of cross cultural living in 5 countries. She helps people activate their Creative Intelligence transforming challenges into wisdom and information through her signature creative method for accessing infinite potentials and inner joy.

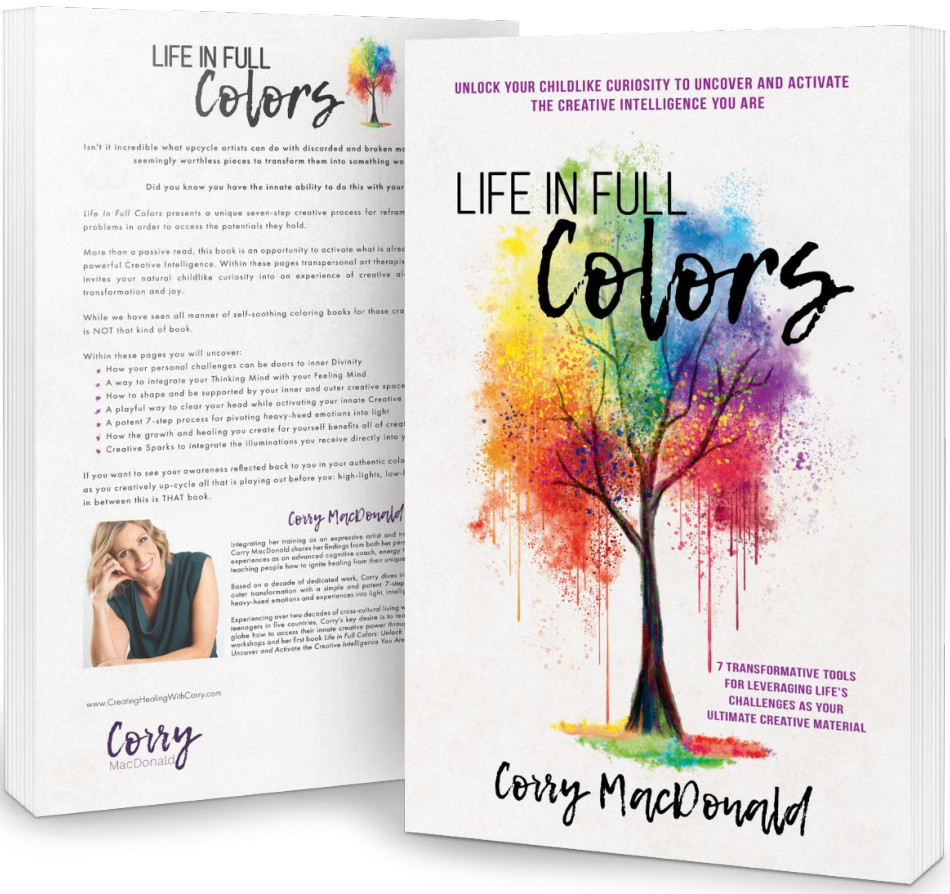
As a first time author, in the realm of inner and outer transformation, Corry shares her findings from both her personal life experiences and from those she has had the honor of working with in both workshops and private sessions.

One of Corry's loves is teaching people how to leverage and pivot heavy-hued emotions and experiences into light, intelligence and joy-filled living to open them to their innate Creative Intelligence. Corry especially enjoys working with those who don't realize the infinite wealth of creative power they hold.

LIFE IN FULL Colors

UNLOCK YOUR CHILDLIKE CURIOSITY TO UNCOVER AND ACTIVATE THE CREATIVE INTELLIGENCE YOU ARE

7 Transformative Tools For Leveraging Life's Challenges
as Your Ultimate Creative Material



BOOK SYNOPSIS

Isn't it incredible what upcycle artists can do with discarded and broken materials? Picking up seemingly worthless pieces to transform them into something wonderful.

Did you know you have the innate ability to do this with your life?

Life In Full Colors presents a unique seven-step creative process for reframing your perceived problems in order to access the potentials they hold.

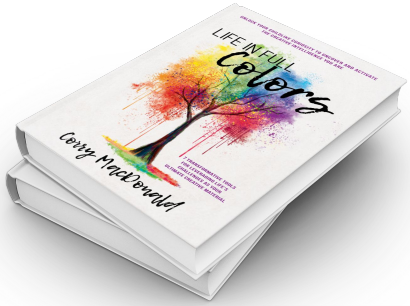
More than a passive read, this book is an opportunity to activate what is already within you: your powerful Creative Intelligence. Within these pages transpersonal art therapist Corry MacDonald invites your natural childlike curiosity into an experience of creative alchemy for healing, transformation and joy.

While we have seen all manner of self-soothing coloring books for those craving inner calm this is NOT that kind of book.

Within these pages you will uncover:

- How your personal challenges can be doors to inner Divinity
- A way to integrate your 'thinking mind' with your 'feeling mind'
- How to shape and be supported by your inner and outer creative space
- A playful way to clear your head while activating your innate Creative Intelligence
- A potent 7-step process for pivoting heavy-hued emotions into light
- How the growth and healing you create for yourself benefits all of creation
- 'Creative Sparks' to integrate the illuminations you receive directly into your life

If you want to see your awareness reflected back to you in your authentic colors, lines and shapes as you creatively up-cycle all that is playing out before you: high-lights, low-lights and every hue in between this is THAT book.



HOW TO USE THE BOOK

Life in Full Colors is a book that invites you, the reader, to journey inwardly and discover your innate ability to creatively upshift heavy challenges for the light. Transpersonal art therapist, Corry MacDonald, shares many simple therapeutic creative processes to appeal to everyone - drawing, mind-mapping, painting, journaling, envisioning and imagining - so that the body of learning in the book becomes embodied in the reader.

The art you're invited to make does not require any artistic skill or ability. All that is needed is an openness to the experience, a willingness to grow, and curiosity to express in a new way. Essentially, the art you make from this book serves as a container to hold all the emotions, information and undiscovered possibilities that want to surface for your journey. Art can hold anything you are carrying and it reflects even your unseen and deeply felt pieces back to you for more understanding and acceptance.

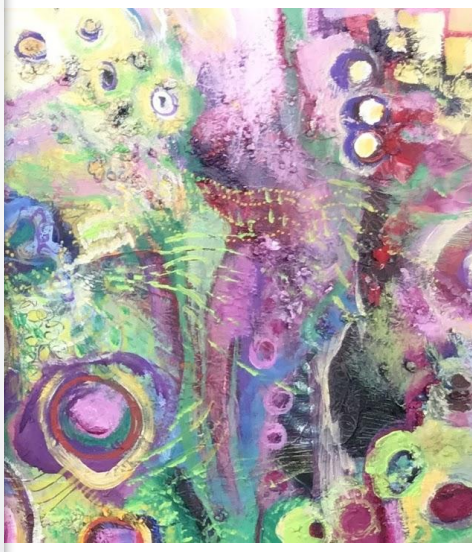
The processes in this book serve to shift you to a new state of awareness and bring you great insight around your feelings, thoughts and behaviors. Also, creating art in a non judgemental space, as in this book, with the intention to heal and self-care improves your mood, sleep, and wellbeing while raising your self-worth and sense of place within the Whole Universe. For most of the processes in the book you will only require paper and some colored crayons or markers.

Ultimately, the various Creating Healing processes within these pages uncover and activate your innate Creative Intelligence which gives you access to clear insights that naturally bridge from the book into your life. By reading, learning and using the tools within this book to create your life in full colors you can't help but operate from a space of self care and love.

Welcome to a book that gifts you several opportunities to express the truest colors of who you are - far beyond words and straight from your innermost heart!

To Read A Sample Chapter of
Life In Full Colors visit
www.CreatingHealingWithCorry.com

CORRY MACDONALD



SUGGESTED TOPICS FOR DISCUSSION

CREATING HEALING

Whatever is troubling and hurting you – whether body/mind/spirit – the Creative Healing process will teach you to pour your emotions into the art to uncover your Authentic Self. Step into this safe space of trust and deep respect if you are ready to alchemize your pain and move your heavy energy into the light.

CREATIVE INTELLIGENCE

As a Creative Healer, it's Corry's intention to teach people how to unlock and activate their innate Creative Intelligence. This powerful intelligence is often untapped and unknown by most and is integral for transforming challenges into wisdom and information and for accessing infinite potentials. Surprisingly to many, the access point to this level of intelligence is not through the thinking mind, but rather, through the curious feeling mind.

THE BOOK

Life In Full Colors

Unlock Your Childlike Curiosity to Uncover and Activate the Creative Intelligence You Are.

7 Transformative Tools For Leveraging Life's Challenges as Your Ultimate Creative Material.

SUGGESTED QUESTIONS

- What are the most common signs that show that you are not seeing life in full colors?
- When did you realize you could heal yourself? When did you first use art therapeutically to heal yourself?
- I know that you have spent over two decades of cross-cultural living with your husband and three teenagers in five countries. How did it impact your art, and how did it spark the desire to help people worldwide uncover their innate ability to create a life in full colors.
- As a transpersonal art healer, you intertwine your findings from your personal life experiences and those you have had the honor of working within both workshops and private sessions. Where else do you seek inspiration and guidance?
- Healing can be a painful process. No method works for everyone in the same way. How do you manage your clients' expectations and the way they respond to the healing process? Do you usually find resistance or disbelief from them at some point?
- Depression, anxiety, stuckness, fear of the unknown, high levels of stress, resentment, anger, and sadness touch on a few painful challenges people can experience. Why do you think people get stuck in these painful places and end up hurting themselves – whether body/mind/spirit.
- Does a person who wants to experience Creative Healing need any ability or skill for a successful outcome? How would someone who doesn't feel confident about their creativity level feel comfortable to even try a session? What exactly is the 'art' component like in art therapy?
- In your upcoming book *Life In Full Colors*, you incentivize the reader to pour their emotions out, no matter what they are. Can you explain how you create a safe environment to step into this space with trust and deep respect?
- Besides being an expressive artist and a transpersonal art therapist, you are also an energy healer, HeartSpeaker, and advanced cognitive coach. Tell us how you feel weaving your two main passions: art and healing together?
- When you are not creating, teaching, or writing, what are your other passions? I've heard you have a deep love for the natural world, hiking and recharging your energy in nature and the unseen worlds and all things of a mystical and energetic spirit. Are these passions new to you?
- How did you decide it was the right time to write the book, and who did you have in mind as your primary audience when writing it? If you had to highlight one takeaway from the book, what would that be? What is your biggest wish with this book?

LIFE IN FULL COLORS

Title: Life In Full Colors

Subtitle: Unlock Your Childlike Curiosity to Uncover and Activate the Creative Intelligence You Are

Tagline: 7 Transformative Tools For Leveraging Life's Challenges as Your Ultimate Creative Material

Author: Corry MacDonald

Publisher: Corry MacDonald

Published: January 2021

Categories:

SELF-HELP / Creativity
PSYCHOLOGY / Creative Ability

Suggested Retail Price for Print: $16.99 - $22.99

Suggested Retail Price for E-Book: $8.99 - $13.99

*Available for purchase on **Amazon** globally. Retailers may purchase through Ingram globally*

Book Size: 5.5 x 8.5

# of Pages: 240

Word Count: 39,703

PaperBack ISBN # 978-1-7354967-0-2

E-Book ISBN # 978-1-7354967-1-9

Library of Congress # 2020916283

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