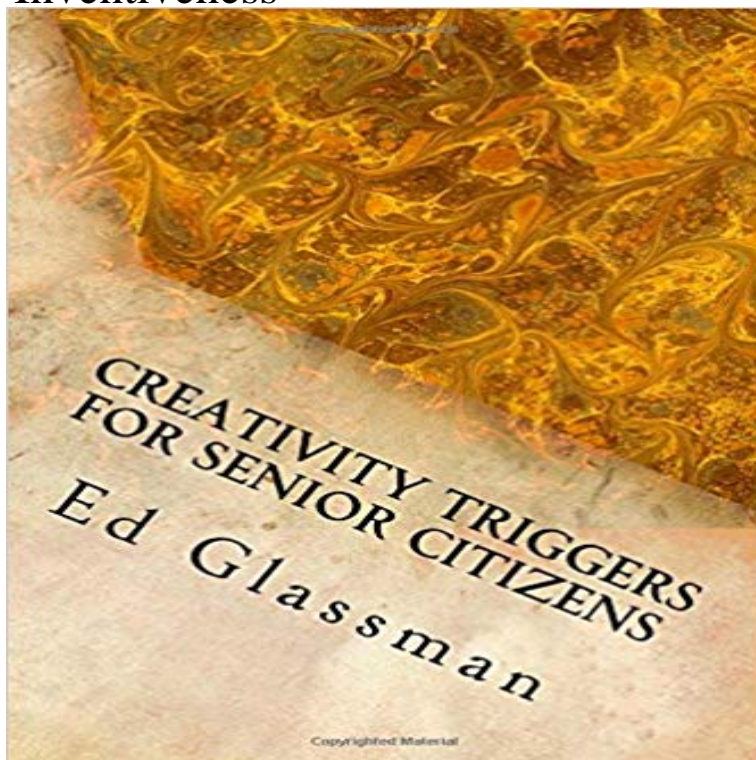


Creativity Triggers For Senior Citizens: Brighten Your Life With Your Inventiveness



This book will help senior citizens develop creative behavior skills to solve problems creatively. Prevailing wisdom believes that creativity is inherited, not learned, so what you have now is all you will ever have. THIS IS A MYTH. This myth leads to a harmful self-fulfilling prophecy: nothing can hurt a high-creative person and nothing can help a low-creative person. Not so on both accounts. First, as shown by the research on identical and fraternal twins, we do not inherit most creative thinking skills. We learn them. Second, we can learn to use creativity triggers and become more creative. Third, the environment and other external factors can help or harm your creativity and creative effort. Finally, success as a creative person also depends on your other talents and abilities (inherited or otherwise): your motivation, your interpersonal skills, the quality of your relationships, etc. Thus, most people with reasonable mental ability become more creative after they learn to use creativity triggers. Another myth floating around our culture states that people become less creative as they grow older. Not true. Creative ability is greatly affected by self-motivation, and its the declining desire to indulge in creative behavior as one ages that affects creative output. Senior citizens who wish to regain their creativity, and even surpass their earlier levels of creativity will benefit greatly by the creative skills described in this book. So generate creative solutions for a better quality of life, for more fun and enjoyment, for better relationships, for a better way to do things.

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