



**Everyday Creativity and
New Views of Human Nature**
Psychological, Social, and Spiritual Perspectives
Edited by Ruth Richards

What is creativity? Is it a force? An innate capacity? A planned process? Who has access to creativity and who does not? Ruth Richards, leading creativity researcher and editor of *Everyday Creativity* argues against the notion of exclusive creativity, saying instead that creativity is a universal ability, accessible to everyone, an innate ability with the capacity to make our lives happier and more fulfilling, an ability that unfortunately for most of us falls by the wayside or is regrettably underutilized and underdeveloped. Richards states, “Everyday creativity is about everyone, throughout our lives, and fundamental to our very survival. It is how we find our lost child, get enough to eat, make our way in a new place and culture...With our everyday creativity, we adapt flexibly, we improvise, we try different options, whether we are raising a child, counseling a friend, fixing our home, or planning a fundraising event.”

To illustrate this, Richards gathers together in *Everyday Creativity* a provocative collection of essays; an interdisciplinary group of eminent thinkers and writers who offer their thoughts on how embracing creativity—tapping into the “originality of everyday life”—can lead to improved physical and mental health, to new ways of thinking, of experiencing the world and ourselves. They show how creativity can refine our views of human nature at an individual and societal level and, ultimately, change our paradigms for survival—and for flourishing—in a world

fraught with urgent challenges. Neither a dry treatise nor a manual, this anthology draws upon the latest research in the area to present a lively examination of the phenomenon and process of everyday creativity and its far-reaching ramifications for self, culture, history, society, politics, and humankind’s future. 2007. 328 pages. Hardcover

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About the Editor

Ruth Richards, M.D., Ph.D. is a Board Certified psychiatrist and educational psychologist. She is professor of psychology at Saybrook Graduate School in San Francisco, a research affiliate at McLean Hospital, Belmont, MA (psychiatric affiliate of Massachusetts General Hospital) and a lecturer in the Department of Psychiatry, Harvard Medical School. For many years, Dr. Richards has studied *everyday creativity* in clinical and educational settings, and has also published on creativity and social action, and spiritual development. She is principal author of *The Lifetime Creativity Scales*, which broke new ground as a broad-based assessment of real-life everyday creativity in a general population. With Mark Runco, Dr. Richards coedited *Eminent Creativity, Everyday Creativity, and Health*. She served on the Executive Advisory Board for the *Encyclopedia of Creativity*, and is also on the editorial boards of three journals: *The Creativity Research Journal*, *The Journal of Humanistic Psychology*, and *Psychology of Aesthetics, Creativity, and the Arts*, the journal for Division 10 of the American Psychological Association, where she is also an at-large member of the Executive Committee.

Contributors

Fred Abraham, PhD, Mike Arons, PhD, James Averill, PhD, Allan Combs, PhD, Riane Eisler, PhD, S. J. Goerner, PhD, Stanley Krippner, PhD, David Loye, PhD, Steven Pritzker, PhD, Mark Runco, PhD, David Schulberg, PhD, Louise Sundararajan, PhD, and Tobi Zausner, PhD.



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