

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) [SIGN-UP NOW!](#) Click to become a Member for Free!



The Self Improvement Show Archives Available July 25th 2013: Effortless Creativity

When you're doing something that you truly love it seems effortless regardless of how mentally, physically or emotionally taxing it might be. In those instances time seems to stand still. Some call it being "in the zone" or "in the flow." What is the neuroscience behind this effortless and how can we apply it to other parts of our lives? What is the difference between struggle and effort and between effortless and effortlessness? Linda Smarsik will answer these questions and talk about the neuroscience, philosophy and new thought behind the process of creativity that can lead us into a sub

[Read more](#)



Tune in

Archives Available on VoiceAmerica Empowerment Channel

EPISODE ON DEMAND

VIEW HOST PAGE

Featured Guest



Linda Smarzik

Linda Smarzik has been teaching the creative process to college students of all ages for over three decades. Her research has produced unique insights regarding the interplay between brain function, the mind, and the process of creativity. She has a Bachelors of Science in Commercial Art from Texas State University and a Masters of Science in Brain-based Teaching and Learning from Nova Southeastern University. She is the Dean of the Computer Studies and Advanced Technology Department at the Austin Community College District and is the author of the recently published book, The Mind of Thuse!! Thriving with Effortlessness. Her website is <http://www.on>

[Read more](#)

Share This Episode



Connect with VoiceAmerica

Download our mobile apps



Come see what VoiceAmerica's hosts are writing, on PressBlog!

