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EMPOWERMENT



**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 effort and effortless? 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

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**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.

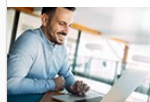
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