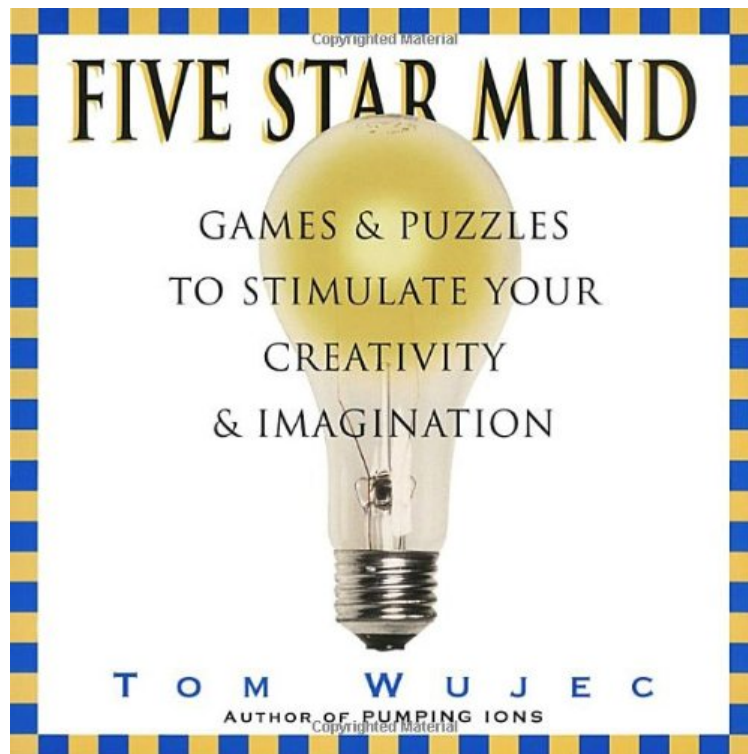


[FREE] Five Star Mind: Games Puzzles to Stimulate Your Creativity Imagination

## Five Star Mind: Games Puzzles to Stimulate Your Creativity Imagination

Tom Wujec

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**Tom Wujec : Five Star Mind: Games Puzzles to Stimulate Your Creativity Imagination** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Five Star Mind: Games Puzzles to Stimulate Your Creativity Imagination:

16 of 16 people found the following review helpful. A description of the creativity process By Rune Antonsen Now this is an interesting book! It describes how YOU can be more creative. Maybe you think you're not? Well, according to this book creativity is a process you can learn. And I must say that after having read this book I now understand why I sometimes am very creative and sometimes not. For instance, I play the guitar and are sometimes in a very spirited mood for writing new songs. This usually occurs after having spent a few weeks listening to new albums. When I don't - I rarely come up with some new and exciting riffs. You have to have the urge to get these impulses, but then again you need the impulses. I think both the title and the subtitle (games puzzles to stimulate your creativity and imagination) are a bit misleading. The focus is on the process and the author divides this creativity process into 8 "phases", drawing a metaphor to cooking food: Appetite - hunger for ideas, gather - collect ideas, cut - analyze ideas, mix - combine ideas, cook - concentrate on ideas, spice - season ideas, taste - evaluate ideas, digest - assimilate ideas. Within each of these he gives you valuable tools you can use. It seems to me that when you gather information (e.g. listen to records or research a specific topic) you unconsciously cut and mix it with data and knowledge you already have, and thus forming new patterns which become new ideas. Knowing the process you can also do this deliberate.

How wonderful! There are lots of other books which describes methods for collecting thoughts and ideas (and does that better), but no one I have read or heard about describes the process as good as this one. Just think about what kind of preparation you should impose on your colleagues before they enter your next brainstorming session... 16 of 17 people found the following review helpful. GOOD CREATIVITY BOOK to complete your collection By T SANTOSOI bought a LOT of creativity books (at least i had 20+ on my collection), and i think this is one of the GOOD ONE, among other books. I particularly like the chapter on Metaphor, and some of the samples of GAMES/QUIZ that i even use for my creativity seminar/training. A lot of GAMES and PUZZLES there that is fun, interesting and useful to generate creative bursts. The whole book is set as a CREATIVE KITCHEN with chapters like Food for thoughts, Appetite, Gather, Cut, Mix, Cook, Spice, Taste and Digest. This book can be useful even standing alone, being read by itself. Or if you are interested in creativity, it can stand tall along with all the classics like A whack at the side of the head (best classic creativity book), Orbiting the giant hairball, Jump start your brain, The Mind Map book, and all De Bono book. This book's approach is fun and it explain in a good sense a lot of creativity stage and provide a lot of fun games. Hope you can enjoy the book as much as i do. 1 of 2 people found the following review helpful. GOOD CREATIVITY BOOK to complete your collection By T SANTOSOI bought a LOT of creativity books (at least i had 20+ on my collection), and i think this is one of the GOOD ONE, among other books. I particularly like the chapter on Metaphor, and some of the samples of GAMES/QUIZ that i even use for my creativity seminar/training. A lot of GAMES and PUZZLES there that is fun, interesting and useful to generate creative bursts. The whole book is set as a CREATIVE KITCHEN with chapters like Food for thoughts, Appetite, Gather, Cut, Mix, Cook, Spice, Taste and Digest. This book can be useful even standing alone, being read by itself. Or if you are interested in creativity, it can stand tall along with all the classics like A whack at the side of the head (best classic creativity book), Orbiting the giant hairball, Jump start your brain, The Mind Map book, and all De Bono book. This book's approach is fun and it explain in a good sense a lot of creativity stage and provide a lot of fun games. Hope you can enjoy the book as much as i do.

Following the extraordinary international success of Tom Wujec's first book, Pumping Ions, Five Star Mind teaches you to unlock and expand the creative potential you already possess -- although you might not know it -- and develop it to give you confidence and skills that will enhance your work and your life. Using puzzles, tips, thought association, relaxation techniques, games of "What If," and constant questioning, Tom Wujec cajoles you into realizing your inherent power for creative thought and expression. In addition to helping you discover your innate abilities, Wujec shows you innumerable ways to apply your new ideas and creativity to work, to everyday life, or to just having fun. With Five Star Mind, you participate in the creative process, develop your inventiveness and imagination, and enhance skills that will have you cooking up five-star ideas of your own!

Develop your imagination through puzzles and associations which encourage creative links and expression. This book provides games and puzzles which encourage problem-solving and creative connections: it may be enjoyed by all ages; but its especially the adult who will find these refreshingly different. -- Midwest Book From the Publisher Following the extraordinary international success of Tom Wujec's first book, Pumping Ions, Five Star Mind teaches you to unlock and expand the creative potential you already possess -- although you might not know it -- and develop it to give you confidence and skills that will enhance your work and your life. Using puzzles, tips, thought association, relaxation techniques, games of "What If," and constant questioning, Tom Wujec cajoles you into realizing your inherent power for creative thought and expression. In addition to helping you discover your innate abilities, Wujec shows you innumerable ways to apply your new ideas and creativity to work, to everyday life, or to just having fun. With Five Star Mind, you participate in the creative process, develop your inventiveness and imagination, and enhance skills that will have you cooking up five-star ideas of your own! Tom Wujec is creative director of Digital Media Services at the Royal Ontario Museum in Toronto. He lectures internationally on the subjects of multimedia interface design, computer animation, and developing content for CD-ROM titles and electronic information networks. About the Author Tom Wujec is creative director of Digital Media Services at the Royal Ontario Museum in Toronto. He lectures internationally on the subjects of multimedia interface design, computer animation, and developing content for CD-ROM titles and electronic information networks. Tom has studied psychology and astrophysics at the University of Toronto.