

AN OVERVIEW

Below are details of the different sections of the book, to give you an overview and to make it easier for you to find your way back to the different sections while you are reading.

On flow

A central chapter that deals with *flow* and how I use the *flow parameters* of the psychologist *Mihaly Csíkszentmihályi* – **Mimicry, Risk, Play, Reorienting** and **Feedback** among others – as tools in artistic processes. About the *flow channel* and how we can kick-start a process by setting the stage for *flow*.

Inspiration

About what different artists think inspires them. About the fragile thread of an artistic idea and *Pablo Picasso's* work on *Las Meninas*.

Time

About why we sometimes leave things to the last minute. About the advantage of setting a **Deadline**. About the fact that structure in the form of *Routines* can be great, but that the form a person's routine takes is highly individual.

Reflection

About how *Reflection* can be an important method for moving forward. About how writing, preferably by hand, can be a method of reflection. About *Mindmap* as a method of reflection to gain distance and overview. About how naming and *Translating* what we are doing

into another form can serve as *Reflection* and push us forward. About the fact that *Reflection* achieved by asking ourselves questions is not a bad idea at all.

Intuition

About *Tacit Knowledge* as a composite skill consisting of several elements that combine to form a whole. About *Intuition* as an important skill About *Borgdorff* and *Polanyi*. About psychologist *Daniel Kahneman's Systems 1 & 2* – and the differences between thinking fast and slow in an artistic process.

Hanging in There

Some simple *Basic Methods* to create space for creativity and artistic process. About our *Neurons* and how they work. The idea that it takes *10,0000 hours* to become really good at something. About how to create a *Hundred Day Challenge*. About the fact that creation occurs both continuously, and in leaps and bounds.

A Cycle

About how we learn new skills and develop projects, and how creative and learning processes can be described from several different perspectives: *the Spiral, the Circle, the Loop* and *Compost*.

Real Life Performance

About how *Flow Parameters* can help us progress from creative mess to **Deadline**. About the fact that artistic ideas survive over time and that we may sometimes just have to leave things alone.

Moving Forward

About *Set-up Time, Sourdough* and “*First I just have to...*”. About what can hinder us, and methods for moving forward: *The Cake, The Star, Mindmap, Ikigai, Limitation, Solvitur ambulando, Crop Rotation, and Lying Fallow*.