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Creative performance is spontaneous
and ‘ natural ’ as opposed to self-
conscious and studied. ” . Maxwell
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likes. Like. “ Conscious effort inhibits
and ‘ jams ’ the automatic creative
mechanism. ” .

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Maxwell Maltz . 1. Experience is
Important “ Human beings always
act and feel and perform in
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to be true about themselves and their environment. ” Dr. Maltz begins with a preface describing a bit of the background behind his book.

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