



## **Caffeine for the Creative Mind: 250 Exercises to Wake Up Your Brain**

*Stefan Mumaw, Wendy Lee Oldfield (Contributor)*

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## **What do you do if you are lagging in the morning?**

You probably grab a cup of coffee for that extra boost of energy. Throughout the day, you are asked to be creative, to come up with new and better ideas. So what do you do when you need a creative jolt for your brain? Now you can turn to *Caffeine for the Creative Mind*.

This collection of short, focused creative exercises is just the boost you need get your brain working. Inside, you'll find:

Over 250 brain-stretching exercises. The exercises are brief, fun and are meant to evoke creative, thought-provoking responses. Get your brain moving by engaging in an exercise at the start of your day or stop and do one whenever you need a creative jolt.

"I Tried It" testimonials. From illustrators to photographers to professors, real people give feedback on specific exercises they've tried. They also offer more suggestions for how the exercises can be used, changed or reworked to become even more useful.

Interviews with prominent creative people. See how the people who are in charge of building and maintaining creative environments—studio heads, designers, shop owners, illustrators and animators—view the importance of creativity in their everyday lives.

The only thing keeping you from reaching a new level of creative thought is inaction. With this stimulating book, you'll learn how to focus your creative attention in short, definable ways. *Caffeine for the Creative Mind* is your springboard for coming up with solutions that challenge you to alter your perspective—and begin generating ideas at the highest possible level!

## **Caffeine for the Creative Mind: 250 Exercises to Wake Up Your Brain Details**

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# From Reader Review Caffeine for the Creative Mind: 250 Exercises to Wake Up Your Brain for online ebook

## Farah says

This is an awesome book for those who need some help just starting the artist within

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## Adam says

Shit. This book is so bad m'kay? Trust me, don't even look in it, you'll get a headache from the poor design and vomit of fonts.

Seriously, even if you're curious like me - just don't even be tempted to find out what I mean.

I'd never burn a book (plus it's from a library) but this one could be torn up and used to bleach and then write on as scrap paper. See! Creative recycling!

Yeeeahh right! We're going to find an old VW Beetle and 'decorate' it for 'fun'! What a fucking joke. I'm done.

Agh I feel more creative and better already. Who knew!?

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## Nathanael Coyne says

This book is helpful when you're struggling to get started with a challenge or problem. It is exactly what the titles says - exercises to wake up your mind. You won't find creative strategies in here, there's no structure or frameworks. Just open up to a page, do the exercise, stimulate your mind then get to work.

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## Sebah Al-Ali says

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-We all generate ideas, but few act upon those ideas, share those ideas, realize those ideas or execute those ideas.

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### **Gemma Williams says**

I was disappointed with this book, some of the exercises were interesting but not many made me feel really eager to try things out. I thought it was trying too hard to be funny and just came across as cheesy 'dad' type humor. It wasn't terrible at all but I'm sure someone's done a better job of the same thing (and there were at least 2 typos).

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### **Eric Svennngson says**

This book is a LIFESAVER for anyone having writer's block or any other sort of creative shortage. It is full of fun, but sometimes challenging, exercises and activities to help jumpstart your brain as well as your creativity.

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### **Susan B says**

This book is best suited to those with an artsy-craftsy bent (e.g. those in graphic design, illustration, advertising), rather than purist writers like myself. I found a few exercises worth trying, but the rest not so much. Glad I borrowed from the library!

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### **Santvanaa Sindhu says**

A great book.. :)

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### **Barbara Ab says**

an interesting book for teenagers or creative people with lot of time. I enjoyed going through some pages but I would never waste time of life trying to do some of this “creative mind exercises”

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### **Karen Walker says**

All the crazy font and distracting page "noise" doesn't make up for uninspired content.

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### **mahatmanto says**

ini buku keren: kumpulan kegiatan-kegiatan praktis untuk membangkitkan ide-ide gila kita. mula-mula audiens yang dibayangkan adalah para disainer grafis, tapi rasanya bisa juga dipakai untuk siapa saja yang menjadikan kreativitas sebagai sumber hidupnya...ceilee...

di dalamnya diberikan juga beberapa wawancara dengan para konsultan disain yang terkenal.

yang keren juga dari buku kecil tapi tebal ini adalah layout atau disain perwajahan yang dibuat oleh wendy lee oldfield.

ntar deh aku tulis contoh-contoh kegiatan yang mreka tulis di buku itu. ada 250 buah je!

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### **Caitlin (Ayashi) says**

Note: I have not started the exercises yet, just read through the book. I hope to come back and re-evaluate once I've done so.

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This is a really fun idea and I'm glad I picked the book up. I think it would work well for creatives of any type - the exercises in this book range from writing to drawing, design, and more. A lot of them seem like they would really challenge the reader to think creatively about a variety of different things. The interviews with other creatives, and the notes from some creatives when they talked about doing particular exercises in the book were also a blast to go through, and I thought they added a lot of value.

Having problems getting into a creative mood is a really big challenge for me, so I'm hoping this book will help me address it :)

The only cons that I can really think of, having read through the book, are sometimes the orientation of the pages could be kind of annoying, like sometimes it was normal, but other times the text was all flipped 90 degrees to the left or right and that made it difficult to read sometimes. I expect that when you are just doing one exercise though, it might not be such a big deal.

The other thing was just that a fair amount of the exercises assumed having people to participate with. Sometimes that can be fun but some others just seemed like more of a chore XD;; so I think I will be skipping a bunch of those. Still, overall it was a pretty solid book and I really hope it will help me!

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### **JoseJays says**

Really an awesome book, to open up creativity . Everyday a cup of caffeine (I mean one activity from the book) is a good activity for anyone looking for kindling creativity in whatever profession one is in. We can't finish the book at go. It is only possible to do one or 2 activity every day. But that is a nice way to do this book.

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### **Jason says**

A fun resource to get the creative juices flowing. Also great for anyone who facilitates creative workshops.

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### **Laura says**

This book is great for keeping the creative part of your brain going. Creativity needs to be exercised to keep it strong and sometimes to even make your mood better and this gives something to help jump start that. I love my pimped out red wagon and love thinking of what to do next based on the exercises in the book.

To my ex-design teachers, I would highly recommend this book as something to help inspire you and your students.

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