



The Monk and the Warrior in the Garden of Renewal: Searching for Meaning, Mind, Work

Richard Brower

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This book is a structural analysis of creativity. It proposes that there are five essential, recursive, confluent macrosystems that require interconnectedness and intentional evolution for the fruition of creativity, of mastery, of self-efficacy, and of spiritual self-growth. The five systems are: (1) knowledge, (2) mental operations, (3) rich emotional worlds, (4) a sense of purpose, and (5) connecting with others. This text includes an overview of previous research on creativity, while proposing a new theory based on confluence theory, the belief that creativity is best understood as an intersection and recursive interaction among confluencing systems.

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