

## Dark Night of the Soul

Last week, I met another writer for coffee. As we talked about the lifecycle of projects – the highs and lows of creative work – she opened her backpack and pulled out a library copy of Austin Kleon's magnum opus, *Steal Like an Artist*.

She opened it to the bookmarked page and showed me a chart, a chart I used to have hanging on my wall but which I had forgotten. If you've read the book, you've surely seen it before

### [LIFECYCLE OF A PROJECT CHART]

The lifecycle of any project, creative or not, follows these stages. Because when we start a project, we get a hit of dopamine (the same feel good hormone released during sex). As the project continues, you don't get the same dopamine hit. Eventually, you lose interest.

The longer the project lasts, the only thing that changes is the middle. The lows last longer but the highs stay just about where they are. Which means that the best way to beat your own biology is to work on short projects. Your dark night of the soul may last only a few hours in that case.

That's the beauty of writing a weekly blog post. Each week, when I come up with a topic, I get the "best idea ever" feeling. As I start writing, I quickly realize it's more work than I thought, but ultimately I come out the other side after just a few hours of effort.

But what happens when you can't come out the other side, or at least, you feel like you'll never escape the dark night of the soul?

I'm not sure.

### EVEN THE BEST IDEAS EVENTUALLY SUCK AND GET BORING

*"It is a lot better to have written a book than to be actually writing one. Without attempting to overdo the drama of the difficulty of writing, to be in the middle of composing a book is almost always to feel oneself in a state of confusion, doubt, and mental imprisonment, with an accompanying intense wish that one worked instead at bricklaying."* - Joseph Epstein

Last September, as I finished my first book, *Improv ABC*, I was already thinking about a follow up. Throughout the process of writing the book, I felt like I had said what I needed to say about improv. I had distilled the best wisdom from a year of blogging into an actionable resource, and it felt like a nice capstone to my educational exploration.

My next book would take on a new topic – this time, the creative process.

# Drastic Stories

**Tobias Bleicker**



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## **Table of Contents Drastic Stories**

1. Understanding the eBook Drastic Stories
  - The Rise of Digital Reading Drastic Stories
  - Advantages of eBooks Over Traditional Books
2. Identifying Drastic Stories
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Drastic Stories
  - User-Friendly Interface
4. Exploring eBook Recommendations from Drastic Stories
  - Personalized Recommendations
  - Drastic Stories User Reviews and Ratings
  - Drastic Stories and Bestseller Lists
5. Accessing Drastic Stories Free and Paid eBooks

- Drastic Stories Public Domain eBooks
- Drastic Stories eBook Subscription Services
- Drastic Stories Budget-Friendly Options
- 6. Navigating Drastic Stories eBook Formats
  - ePub, PDF, MOBI, and More
  - Drastic Stories Compatibility with Devices
  - Drastic Stories Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Drastic Stories
  - Highlighting and Note-Taking Drastic Stories
  - Interactive Elements Drastic Stories
- 8. Staying Engaged with Drastic Stories
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Drastic Stories
- 9. Balancing eBooks and Physical Books Drastic Stories
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Drastic Stories
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Drastic Stories
  - Setting Reading Goals Drastic Stories
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Drastic Stories
  - Fact-Checking eBook Content of Drastic Stories
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development

- Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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