

Get Your Mojo Working: Reclaim Your Creative Passion

Nancy Horner

Research Links

Medical News Today. "Artistic pursuits could help slow down aging, and there's science behind it"
<https://www.medicalnewstoday.com/articles/artistic-pursuits-could-help-slow-down-aging>

The Conversation. "Creativity is Good for the Brain and May Even Slow Down Its Ageing."
<https://theconversation.com/creativity-is-good-for-the-brain-and-might-even-slow-down-its-ageing-new-study-267797>

Scientific American. "Creativity Predicts a Longer Life" <https://www.scientificamerican.com/article/open-mind-longer-life/>

Psychology Today. "Creativity Might Be the New Longevity Tool for Your Brain"
<https://www.psychologytoday.com/us/blog/feed-your-brain/202512/creativity-might-be-the-new-longevity-tool-for-your-brain>

Global Brain Health Institute. "The Art of Staying Young: Creativity and the Brain"
<https://www.gbhi.org/news-publications/art-staying-young-creativity-and-brain>

NPR Special Series: How to Thrive As You Age. "Engaging With the Arts Can Slow Biological Aging, Study Shows"
<https://www.npr.org/2026/05/12/nx-s1-5818172/study-arts-slow-biological-aging>

The Hidden Brain Podcast (Shankar Vedantam). "Befriending Your Inner Voice"
https://www.hiddenbrain.org/podcast/you-2-0-befriending-your-inner-voice/?utm_source=substack&utm_medium=email

Barrie Bramley blog. "The Theory of Left Brain and Right Brain Isn't What You Think It Is"
<https://barri Bramley.com/the-theory-of-left-brain-and-right-brain-isnt-what-you-think-it-is/>

Harvard Health. "Right Brain, Left Brain, Right?"
<https://www.health.harvard.edu/blog/right-brainleft-brain-right-2017082512222>

Steve Jobs' 2005 Commencement Address. (Moving 15-minute speech on Creativity, Life, and Death)
<https://www.youtube.com/watch?v=UF8uR6Z6KLc>

Books

Ethan Cross. *Chatter: The Voice in our Head, Why It Matters, and How to Harness It.*

Hector Garcia and Francesc Miralles. *Ikigai: The Japanese Secret to a Long and Healthy Life.*

Julia Cameron. *It's Never Too Late to Being Again: Discovering Creativity and Meaning at Midlife and Beyond.*