

The Creative Seed: How to Enrich Your Life Through Creativity

Lilian Wissink

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The Creative Seed is a thought-evoking text written in a very creative way. The structure makes this self-help book easy to read and provides opportunities for reflection and introspection. The content, although not theoretically grounded, is appropriate for persons wishing to explore or hone their creative abilities. This text has been appropriately written for laypersons, a recommended resource for budding or established creative masters, and also for those who believe they lack the creative seed.

The straightforward, anecdotal style of writing, characteristic of *The Creative Seed*, promotes self-reflection. The reader is persuaded to give attention to skills and qualities that they may already possess, and guidance on how to help them grow. At times, the bullet points sketched out throughout the book became repetitive, and in some instances could have benefitted from greater explication; however, it is that very style and structure that makes the text reader friendly.

Regarding the content of this original text, what creativity really is was fully expounded. Additionally, the fact that creativity is about dancing and singing has been fully demystified. The writer presented the position that creativity was more linked to world ontology and a personalised journey, as new pathways are carved on life's highways. Two directives must be followed so that one can begin the journey of reaping the creative seed: (1) you must give yourself permission to begin, and (2) you must be willing to take risks. Following these directives, the writer suggests, will turn into four elements of creativity: you will develop *skills*, *experiment* more, *evaluate* your progress and creativity, and *discover* your own unique approach to creativity (SEED).

Wissink provides a fresh approach to looking at creativity. While valuable and insightful points were presented, the text was scarce in mentioning theoretical concepts that undergird creativity, serving both as an advantage and as a disadvantage, particularly in the light of its readership. The writer included works cited, but the text does not include in-text citations. Nevertheless, this book is an interesting read and an excellent resource.

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Psychological Testing and Assessment (2nd edition)

David Shum, John O'Gorman, Brett Myors and Peter Creed

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