

2018 Tony Nominee Joshua Henry Praises Best-Selling Author Srini Pillay's Creativity Book

"Harnessing hidden neurological processes, "Tinker Dabble Doodle Try" taps into creativity."

LOS ANGELES, CA, UNITED STATES, June 7, 2018 /EINPresswire.com/ -- When they're not onstage or behind the scenes, theater professionals search for inspiration everywhere—especially great reads. One such artist is 2018 Tony nominated artist for musical Carousel, [Joshua Henry](#), who passionately recommends [TINKER DABBLE DOODLE TRY](#), a best-selling book by author and acclaimed neuroscientist Dr. [Srini Pillay](#).

"It's about having unfocused time, where you draw and doodle and let your brain drift away from tasks and that helps you be much more creative. It's helped me," Henry praises.

"A fascinating tour through brain wavelengths and rhythm, mindsets, and mental relaxation, "Tinker Dabble Doodle Try" demonstrates how specific kinds of planned unfocus stimulate cognitive calmness, jumpstart productivity, enhance innovation, inspire creativity, improve long-term memory, and, of course, help you stay on target," Pillay explains.

Harnessing hidden neurological processes, "Tinker Dabble Doodle Try" taps into creativity, which is an especially essential ingredient for artists such as Henry, while simultaneously reducing stress and boosting productivity.

"TINKERING with ideas releases your mind to wander from a state of stuckness into a possibility frame of mind, triggering neural connections and new insights. DABBLING in a new endeavor—whether a hobby or fantasy—disrupts your habitual and reactive thinking, helping you find new solutions to old problems. DOODLING can help you tap into another brain frequency to remove obstacles and create opportunities and inspiration," Pillay continues.

TINKER DABBLE DOODLE TRY masterfully guides its readers to become conductors of their own neural symphony. By developing routines that deliberately oscillate between focus and strategic distraction, practitioners become more fully present in the moments that matter most, creating better overall health and harmony.

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