

Grammy Nominated Artist, Stefani Fryzel (DYLN), to Release a Self-Care Guide for Creatives

Self-Care for the Creative is the survival guide every artist didn't know they needed to live an empowered life in a creative field.

CHICAGO, IL, UNITED STATES, October 24, 2023 /EINPresswire.com/ -- [Stefani Fryzel](#) has spent two decades in the music industry as an artist, songwriter, and music producer. As a highly sensitive person and empath working in the creative field, Fryzel wrote the book that she wishes she'd had when starting out. In this practical how-to-guide, artist/songwriter and author Stefani Fryzel offers up 7 chapters of self-care strategies and techniques for creatives, empaths and highly sensitive people living outside-of-the-box lifestyles in music, art and entertainment. Readers will learn how to:

-Nail the basics of self-care

“

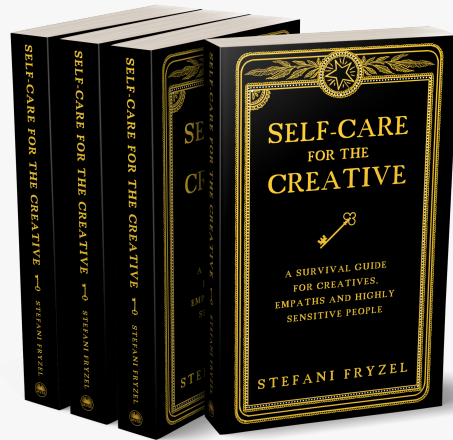
A must read (and apply) for anyone devoted to a sustainable, successful, creative life!”

Sara Connell, bestselling author of The Science of Getting Rich for Women

- Thrive as an empowered empath and highly sensitive person
- Nurture creativity and maximize the creative process
- Manage oneself (and their team) in a creative career
- Work from home like a bo\$\$
- Tap into your spiritual side
- Design a self-care toolkit unique to the reader!

By the end of [Self-Care for the Creative](#), readers will have a plan of attack, tools and techniques for when disaster

strikes, and the skills to overcome any self-care emergency.



Self-Care for the Creative: A Survival Guide for Creatives, Empaths and Highly Sensitive People by Stefani Fryzel

Self-Care for the Creative has received rave reviews from creatives.

Sara Connell, the bestselling author of *The Science of Getting Rich for Women* and founder of Thought Leader Academy, says, "Chock full of important and easy to implement strategies, Fryzel is to creatives what Brené Brown is to leaders. A must read (and apply) for anyone devoted to a sustainable, successful, creative life!"

Bonnie McKee artist, award-winning filmmaker, and Grammy nominated cowriter of 10 #1 Billboard Hot 100 Hits, writes, "A fun, relatable, easy-to-read survival guide for the highly sensitive, empathetic creative. Full of sage advice and wisdom that traditionally can only be learned the hard way. Stefani saves you the trouble, sits you down like a big sister would, and spells out a step-by-step program of practical solutions to the obstacles you will surely face on your creative journey. I wish I had access to these tools early in my career!"

Fryzel's work has been nominated for a Grammy, featured on the Billboard Chart for Emerging Artists, nominated for radio music awards, and appeared in film and television. She is the creator of "The Songwriter Series" an online event that offers mentorship from award-winning songwriters and is the host of "Self-Care for The Creative," a podcast that discusses self-care strategies for people in creative communities.

Self-Care for the Creative: A Survival Guide for Creatives, Empaths and Highly Sensitive People by Stefani Fryzel is published by [Muse Literary](#) and will be released on Tuesday October 24, 2023.

Camille Brown
Red Clover Digital
camille@redcloverdigital.com

This press release can be viewed online at: <https://www.einpresswire.com/article/661402142>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2023 Newsmatics Inc. All Right Reserved.