



The Lost Soul Companion: A Book of Comfort and Constructive Advice for Black Sheep, Square Pegs, Struggling Artists, and Other Free Spirits (Dell Book)

Susan M. Brackney

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The ultimate survival guide for starving artists, writers, performers — and anyone whose dreams can't be contained by an office cubicle.

Filled with down-to-earth advice and sustenance for your most far-flung dreams, **The Lost Soul Companion** is the perfect guide for anyone grappling with the darker side of creativity.

A source of support when your day job gets you down, a refreshing reservoir of humor when you're knee-deep in rejection slips, this remarkable little book offers both inspiration and compassion, plus surefire strategies for surviving in what can sometimes seem like “a world of meanies.”

From the anti-procrastination “chopstick plan,” to the importance of staying well nourished (toaster-oven-snack recipes included), **The Lost Soul Companion** will speak to anyone with big dreams and creative spirit who nonetheless finds it tough some days just to get out of bed.

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