

## 1: Daily Rituals by Mason Currey

*Kafka is one of inspired, and inspiring, minds among them, novelists, poets, playwrights, painters, philosophers, scientists, and mathematicians whose daily rituals are recorded in these pages.*

Written by Tim Ferriss Topics: Tim Ferriss Book Club This post is about the second book in the Tim Ferriss Book Club , which is limited to books that have dramatically impacted my life. The first selection was Vagabonding by Rolf Potts. The second is Daily Rituals by Mason Currey. What do the most successful people do first thing in the morning? Or last thing at night? Weird sexual habits or eating regimens? The answers can help you. For my birthday last year, I received a incredible book: He loved the book, and I fell head over heels in love with it. It became my daily companion. There were gems everywhere, and I underlined nearly every page. I began to read page-long profiles each morning with my pu-erh tea, and this ritual not only shocked me out of a major depressive funk , it also triggered a creative explosion. I was having fun again and getting tons done in the process! Lena Dunham, creator of Girls, agrees: Among other things, this book will make you feel better about your own procrastination and odd habits! These A-players were a very peculiar bunch! This post includes: A full overview of Daily Rituals A sample of Daily Rituals Introduction The brand-new audiobook of Daily Rituals includes exclusive bonus material introductions for each of the creative minds. This makes each routine easier to place in context and use. You can download it all here. And, just as Josh gifted this book to me, I hope you consider gifting Daily Rituals to your family and friends this holiday season. It could change their lives. Brilliantly compiled and edited, and filled with detail and anecdote, Daily Rituals is irresistible, addictive, and magically inspiring. The following words are from author Mason Currey. I say, tell me what time you eat, and whether you take a nap afterward. In that sense, this is a superficial book. My underlying concerns in the book are issues that I struggle with in my own life: How do you do meaningful creative work while also earning a living? Is it better to devote yourself wholly to a project or to set aside a small portion of each day? More broadly, are comfort and creativity incompatible, or is the opposite true: Is finding a basic level of daily comfort a prerequisite for sustained creative work? The word connotes ordinariness and even a lack of thought; to follow a routine is to be on autopilot. In the right hands, it can be a finely calibrated mechanism for taking advantage of a range of limited resources: As it happens, it was an inspired bout of procrastination that led to the creation of this book. One Sunday afternoon in July , I was sitting alone in the dusty offices of the small architecture magazine that I worked for, trying to write a story due the next day. But instead of buckling down and getting it over with, I was reading The New York Times online, compulsively tidying my cubicle, making Nespresso shots in the kitchenette, and generally wasting the day. It was a familiar predicament. That afternoon, to make myself feel better about this often inconvenient predilection who wants to get up at 5: These were easy to find, and highly entertaining. It occurred to me that someone should collect these anecdotes in one place hence the Daily Routines blog I launched that very afternoon my magazine story got written in a last-minute panic the next morning and, now, this book. In other cases, I have cobbled together a summary of their routines from secondary sources. I should note here that this book would have been impossible without the research and writing of the hundreds of biographers, journalists, and scholars whose work I drew upon. I have documented all of my sources in the Notes section, which I hope will also serve as a guide to further reading. Compiling these entries, I kept in mind a passage from a essay by V. They never stop working. They never lose a minute. It is very depressing. Looking at the achievements of past greats is alternately inspiring and utterly discouraging. But Pritchett is also, of course, wrong. For every cheerfully industrious Gibbon who worked nonstop and seemed free of the self-doubt and crises of confidence that dog us mere mortals, there is a William James or a Franz Kafka, great minds who wasted time, waited vainly for inspiration to strike, experienced torturous blocks and dry spells, were racked by doubt and insecurity. In reality, most of the people in this book are somewhere in the middle committed to daily work but never entirely confident of their progress; always wary of the one off day that undoes the streak. All of them made the time to get their work done. But there is infinite variation in how they structured their lives to do so. This book is about that variation. And I hope that readers will find it

encouraging rather than depressing. Writing it, I often thought of a line from a letter Kafka sent to his beloved Felice Bauer in But then who among us can expect to live a pleasant, straightforward life?

### 2: NPR Choice page

*Mason Currey is the author of the forthcoming book *Daily Rituals: How Artists Work*, to be published by Knopf on April He was born in Honesdale, Pennsylvania, and graduated from the University of North Carolina at Asheville.*

Share via Email Heading for the basement? In the morning he would put on his business suit, leave his apartment, and catch the lift downstairs with any commuters. Lunch followed, then a leisurely afternoon. It worked for him. Or rather, it worked for his work. Despite their drudging reputation, fixed routines have proved an indispensable tool to artists of all kinds, from George Sand who wrote through the night supported by chocolate and tobacco to David Lynch who no longer has a daily milkshake but still meditates twice a day. It will fascinate anyone who wonders how a day might best be spent, especially those who have wondered of their artistic heroes, as a baffled Colette once did of George Sand: They worked in bed, surrounded by a cocoon of food, alcohol and cigarettes. How about Ludwig van Beethoven and Soren Kierkegaard? I should, you think, be more like Dickens , Voltaire, or Mozart. Then I would achieve more. These were disciplined people, whose schedules would inspire the stern admiration of the hardest-faced middle manager. The psychologist William James hailed such regimes. This is easier said than done. Amphetamines powered his days and sedatives sent him to sleep at the allotted time. Then there is William James himself. His Daily Rituals entry reveals a hopeless procrastinator, a man whose rants against the indecisive and the disorderly were probably a way of discouraging students from ending up like him. Routines say much more about us than just the actions they contain. For Philip Larkin they were an attempt to evade the passing of time by "making every day and every year exactly the same". The working methods presented in Daily Rituals are so diverse as to offer no easy formulas or what are now known as "productivity hacks". If we want to emulate Franz Kafka or Jane Austen should we copy their routines or find the routines that are right for us, which is to say the routines that are us? They are the structure we rail against, the cage we dream of escaping. But is escape really so simple as just waking up each morning with no plans?

### 3: Rise and shine: the daily routines of history's most creative minds | Science | The Guardian

*Book Review: 'Daily Rituals,' Edited By Mason Currey How do creative geniuses do what they do? Daily Rituals, which assembles the working regimens of artists and thinkers into a lean, engaging.*

Share via Email Click on image for full illustration. I took a long afternoon walk, and for the rest of the week experimented with never working for more than three hours at a stretch. This was all in an effort to adopt the rituals of some great artists and thinkers: Benjamin Franklin swore by "air baths", which was his term for sitting around naked in the morning, whatever the weather. And the midday cocktail was a favourite of VS Pritchett among many others. Still, I learned a lot. Two big insights have emerged. When I get straight down to something really important early in the morning, before checking email, before interruptions from others, it beneficially alters the feel of the whole day: Or a Friedrich Schiller, who could only write in the presence of the smell of rotting apples. Still, some patterns do emerge. Marcel Proust, for one, rose sometime between 3pm and 6pm, immediately smoked opium powders to relieve his asthma, then rang for his coffee and croissant. The 18th-century theologian Jonathan Edwards, Currey tells us, went so far as to argue that Jesus had endorsed early rising "by his rising from the grave very early". At one point in his career, the novelist Nicholson Baker took to getting up at 4. There is evidence that morning people are happier and more conscientious, but also that night owls might be more intelligent. Kafka, who worked in an insurance office, was one of many artists who have thrived on fitting creative activities around the edges of a busy life. Stick to a schedule Patricia Highsmith, among others, ate virtually the same thing for every meal, in her case bacon and fried eggs. But they each did what they did with iron regularity. This kind of existence sounds as if it might require intimidating levels of self-discipline, but on closer inspection it often seems to be a kind of safety net: It was William James, the progenitor of modern psychology, who best articulated the mechanism by which a strict routine might help unleash the imagination. Only by rendering many aspects of daily life automatic and habitual, he argued, could we "free our minds to advance to really interesting fields of action". James fought a lifelong struggle to inculcate such habits in himself. It might have been a similar desire to pare down unnecessary decisions that led Patricia Highsmith, among others, to eat virtually the same thing for every meal, in her case bacon and fried eggs. Although Highsmith also collected live snails and, in later life, promulgated anti-Semitic conspiracy theories, so who knows? Practise strategic substance abuse Ayn Rand took Benzedrine. Consume in moderation, though: Balzac died of heart failure at Any stable tabletop for her typewriter would do. Continually interrupted by visitors, she wrote on scraps of paper that could easily be hidden away. Agatha Christie, Currey writes, had "endless trouble with journalists, who inevitably wanted to photograph the author at her desk": In any case, absolute freedom from distraction may not be as advantageous as it sounds. But there is a broader lesson here. Benzedrine, naps, an early night: Ludwig van Beethoven Beethoven rose at dawn and wasted little time getting down to work. He rose shortly after 6am, made coffee and settled down to work quickly, perhaps after taking a first pass at the crossword. He usually resumed after lunch and continued into the late afternoon. Cocktail hour began at 6. Then dinner was served, with copious amounts of wine. To maintain his energy and concentration, he relied on amphetamines, taking Benzedrine each morning. At night, he used Seconal or another sedative to get to sleep. She was using sedatives to get to sleep, and when they wore off at about 5am, she would get up and write until the children awoke. She tried renting an office, but the garrulous landlord interrupted her and she hardly got any writing done. It ultimately took her almost two decades to put together the material for her first collection, *Dance Of The Happy Shades*. He followed the same schedule for decades: In the late afternoon he went for a walk or took the ferry to a neighbouring island to pick up the newspapers and the mail.

### 4: Daily Rituals : Mason Currey :

*Daily Rituals: How Artists Work* by Mason Currey (Editor) This book is a hard one to review because of what it is. This is a meticulously researched work on the work habits of writers, composers, artists and other creative types.

Have you ever wondered how artists work? What routines and disciplines do successful artists put into place to insure that they are as productive as they can be each and every day? We get a glimpse into their lives and how they maintained a consistent and productive work schedule despite the pressures of normal daily life. I have to be honest, I have listened to this book probably six times on Audible while working in my shop. I tend to listen to a lot of books during the workday. I get bored easily just listening to music, so Audible is a very important part of my sanity throughout the hours and hours of working alone in the shop tapping away on leather. This book is basically a collection of short tellings of famous artists and their daily routines for achieving the great success that we know them for. From writers, painters, physicists, actors and all types in between throughout the 19th and 20th century, Mason does a fantastic job of taking us into the daily rituals and discipline of these artists and creatives. I bought this book in and the first time I listened to it I knew that I would have to listen again just to consume all the information. Within this book, are stories of quirky superstitions, obsessive compulsion, drunkenness, and down right debauchery. There are artists that maintained a very mundane morning ritual of very little excitement, despite their accolades and fame. There are others who lived on the verge of homelessness and bankruptcy. One or two that committed suicide. One that maintained a 40 marriage with the same woman, all while having multiple affairs with both women and men. As well as one that maintained a household in the suburbs with her husband and children and only wrote while the kids were at school and her husband at work. The thing that I found most interesting in these stories of success was how differing these daily rituals were from artist to artist. Not all used drugs and alcohol. Not all were tormented souls using their art to express their turmoil. Nor did all of them think of their gift in their art as an anointed gift from God that they were called to lay upon the world. The main idea to me that rang true through all of these depictions was that no matter the art or how it is to be created, the artist must create an environment and daily routine that allows for that art to flourish. The majority of people that I speak with usually have a very romantic view of the artist archetype. And usually that view could very well contain some of the above attributes. There are many artists that battle demons in order to create the art that they want to express. They work hard to redirect this energy into the production of art that is truly a part of them. Those within this book were able to create fantastic collections of work within their lifetimes despite their sometimes tragic routines and rituals. This is the amazing part. These were not the ones who were only creative because of their routines, they were the ones who surprisingly made it work despite these routines. As you read this book, think about how much greater or more profound their works would have been without these hindrances. Doing the work was all that matteredâ€¦ every day.

### 5: Daily Rituals, by Mason Currey, review - Telegraph

*Brilliantly compiled and edited, and filled with detail and anecdote, Daily Rituals is irresistible, addictive, and magically inspiring. Â© Mason Currey (P) Timothy Ferriss More from the same.*

### 6: Daily Rituals: How Artists Work: Mason Currey: [www.enganchecubano.com](http://www.enganchecubano.com): Books

*Daily Rituals by Mason Currey A solid routine fosters a well-worn groove for one's mental energies and helps stave off the tyranny of moods. In this episode of Made You Think, Neil and I discuss Daily Rituals by Mason Currey.*

### 7: Daily Rituals â€” The Tim Ferriss Book Club, Book #2 | The Blog of Author Tim Ferriss

*Mason Currey is the author of Daily Rituals: How Artists Work. Culturebox May 6 AM Daily Rituals "The pleasures of not*

*writing are so great that if you ever start indulging them you.*

### 8: Daily Rituals (Audiobook) by Mason Currey | [www.enganchecubano.com](http://www.enganchecubano.com)

*Daily Rituals, a print successor to Mason Currey's Daily Routines blog, is a compendium of these beguiling monotonies, a chance to see what great lives look like when the triumphs, dramas.*

### 9: Daily Rituals. Mason Currey â€™ Decoding Creativity

*Given this omnibus of the daily routines of famous writers was not only one of my favorite articles to research but also the most-read and -shared one in the entire history of Brain Pickings, imagine my delight at the release of Daily Rituals: How Artists Work (public library) by Mason Currey, based on his blog of the same title. Currey, who.*

*The case of the Santa Claus mystery Man for all connections Narrative and dynamics What triggers a patient to sue his physician? David C. Urquira Little hatchy hen. Never kiss your best friend Cisco bgp design and implementation Gesta regum Anglorum = From Padua to the Trianon, 1918-1920 How to Develop Use a Mission Statement That None Shall Die Digital logic design viva questions and answers Be My Girl! (Bachelor Territory Larger Print (Bachelor Territory) The globalization of disease after 1450 A daughter comes home . to self Authorize the sale of a portion of the Fort Smith National Cemetery Reservation, Ark. and for other purpo Science, Technology, and Democracy (Suny Series in Science, Technology, and Society) Chapter II: Progress brings with it new expectations. Lotte Berk Method Return of the tall man Alternative treatments Applications of interference of light Louisa May Alcott and / Mexico City (Global Cities) Anonymous Americans Cancer Incidence in Five Continents (International Agency for Research on Cancer Scientific Publications) Signposts to love. Life of bruce lee Experimental design The super science book of rocks and soils Monster girl encyclopedia seven seas Patil, B. Mahavira : prophet of non-violence. Excel 2000 VBA programmers reference Introduction: John Owen and Geerhardus Vos Reformed federal/biblical theologians? Land Reform (Thessaly) Fillable wont let me edit Use the approach that best addresses your HR program evaluations objectives Globalization versus community : stakeholding, communitarianism and the challenge of globalization R. J. Good Choices for Cat and Dog (Learn to Read, Read to Learn) I must have liberty*