

NSR

BLUEINK REVIEWS, REVIEWS

BOOK OF THE WEEK: WILD IDEAS (CATHY WILD)

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In an effort to draw attention to quality self-published literature and in agreement with [BlueInk Review](#), NSR highlights [reviews](#) published on BIR's site each week, including a wide variety of fiction and nonfiction. This week's pick:

Wild Ideas: Creativity from the Inside Out



A pioneer in somatic counseling, the expressive arts, and the field of life coaching, Cathy Wild has also been featured as a creativity expert on the PBS television series, *In the Prime*. For many years, she wrote *Wild Ideas*, a column about personal growth and creative living that inspired her book by the same name.

About BlueInk Review

[BlueInk Review](#) was founded by Patti Thorn, former books editor of the Rocky Mountain News, and Patricia Moosbrugger, literary agent and subsidiary rights specialist. It offers serious, unbiased reviews of self-published books. Reviews are penned largely by writers drawn from major mainstream publications, such as The New York Times and Washington Post, and editors of respected traditional publishing houses. Select reviews appear in Booklist magazine.