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Nurturing Creativity in Ourselves and Others

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There is a body of research that suggests factors which have been found to enhance or stifle creativity in individuals. By synthesizing this research from quantitative and qualitative studies, we can discover some basic guidelines that can inform us about possible ways to nurture creativity in ourselves and others. At the same time, we must recognize that creativity is, at least to some degree, idiosyncratic and will sometimes flourish in the worst of circumstances or die in the best. These ideas will be presented, and some possible explanations will be offered.