



# Em águas profundas (Portuguese Edition)

*David Lynch*

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De onde vêm as ideias? Neste livro Em Águas Profundas, David Lynch, o aclamado cineasta, abre uma rara e preciosa janela para conhecermos seus métodos como artista, seu estilo pessoal de trabalhar e o valiosos estímulo criativo que lhe proporciona a prática da meditação. Lynch descreve a experiência de “mergulhar em si mesmo” e de “pescar ideias” como se pescam peixes e, depois, como aplicar essas ideias na televisão, no cinema, e nos outros meios criativos com que trabalha, como pintura, música e desenho. David Lynch aborda pela primeira vez o seu comprometimento de três décadas com a Meditação Transcendental e o consequente impacto que isso teve para a expansão de todo o seu processo criativo. Em capítulos curtos e objetivos, Lynch explica o processo de desenvolvimento de suas ideias: de onde vêm, como são capturadas e como as melhores surgem. E demonstra como põe suas ideias em prática e como se relaciona com as pessoas ao seu redor. Por fim, analisa o eu interior e o mundo exterior – e como o processo de “mergulhar em si mesmo” contribuiu para alcançar a extraordinária qualidade do seu trabalho. Em Águas Profundas constitui uma verdadeira revelação para a legião de admiradores que há tempos quer compreender melhor a visão pessoal de David Lynch. E, sem dúvida, esta obra é igualmente intrigante para os que desejam nutrir e fortalecer a sua própria capacidade criativa.



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