



**What is a soul?
It depends on
who's asked **E12****

The art of living

● Enough about ourselves — a new book and TV show help us reconnect with others in ways that reawaken our creativity.

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It's time. Time to consider what we've set aside in the flurry of climbing career ladders, of being the Best Parent Ever, of (over)thinking what we want from life, of just getting through the day. It's time to think about what we want to reclaim and with whom we want to reconnect.

Sandra Magsamen is the first to admit that this goal can sound a little squishy. "We might have a hard time articulating it," she said, "but we can feel it. Sometimes it's when we have an innate desire to connect that words fail us."

So if you can't say, do.

Do bake a cake with your child. Let co-workers know you have a stash of chocolate in your desk drawer if they need some motivation — or a reward. Take your late grandma's heirloom brooch and have necklaces made from it for

LIVING ARTFULLY
When: Ch. 2: today, 4:30 p.m.; Tues., 10 p.m.; Wed., 4 a.m.
Ch. 17: Tues., 7 p.m.; Dec. 10, 1:30 p.m.
Where: Twin Cities Public Television.

each granddaughter.

That's the thinking behind "Living Artfully," a concept that Magsamen developed to recapture the creative part of our lives. The idea has led to a book, "Living Artfully" (Free Press, \$25), and her own special on public television that will air this month.

Living continues: Magsamen's book isn't a how-to, it's a "why-to." **E10** ▶



Sandra Magsamen has her own special on public television, "Living Artfully with Sandra Magsamen," which will premiere on PBS stations nationwide.