

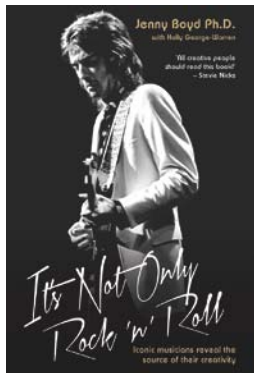
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***IT'S NOT ONLY ROCK 'N' ROLL: Iconic Musicians Reveal
the Source of Their Creativity***
by Dr. Jenny Boyd with Holly George-Warren

**"The substance and revelations that are garnered in this book
are second to none." - Mick Fleetwood (2013)**

**"All creative people should read this book!"
- Stevie Nicks**

How do the world's most popular musicians create hit songs; is it natural talent, or do external influences affect their writing process? Jenny Boyd, 60's model and ex-wife of drummer Mick Fleetwood of Fleetwood Mac, spent four years interviewing 75 world famous musicians on that subject and has now published her findings in a fascinating book, **IT'S NOT ONLY ROCK 'N' ROLL: Iconic Musicians Reveal the Source of Their Creativity**.



Boyd grew up in swinging '60's London immersed in the world of rock 'n' roll. Her sister Pattie, also a model, would marry Beatle George Harrison and later guitar legend Eric Clapton. Jenny would marry Fleetwood Mac drummer Mick Fleetwood. While living in Los Angeles, she gathered these revealing interviews as part of her Ph.D dissertation, which culminated in a book on musicians and the process of creativity that came out in the U.S. and Japan in 1992. Now carefully updated and featuring a selection of candid photographs, the book is available from John Blake Publishing in the UK and U.S. as **IT'S NOT ONLY ROCK 'N' ROLL**.

In this original and inspiring collection, 75 of the world's most recognizable musicians reveal-many for the first time-their thoughts on creating music. Psychologist Jenny Boyd has probed the minds and souls of these artists and has delved into the drive to create, the importance of nurturing creativity, the role of unconscious influences and the effects of chemicals, alcohol and drugs on the creative process. Among the music legends who contributed exclusive interviews include Eric Clapton, George Harrison, Julian Lennon, Don Henley, Hank Marvin, Keith Richard, Ringo Starr, Steve Winwood, Mick Fleetwood, Stevie Nicks and Joni Mitchell.

An early review from *Publishers Weekly* said: "An often-fascinating glimpse into the inner lives of performing artists." In revisiting this extraordinary material, the book shines a light on the creative process of several artists who are no longer with us, among them Harrison, Ravi Shankar and Warren Zevon.

"Most of my life had been spent with musicians," explains Boyd. "My sister Pattie had married Beatle George Harrison, and then later guitarist Eric Clapton. I had been married to Mick Fleetwood of Fleetwood Mac (twice!) and knew what it meant to be the wife of a musician.

"Each one of the 75 musicians experienced and talked about what psychologist Abraham Maslow termed 'Peak Experience' - the uniting of unconscious experience with conscious while writing, playing their instrument or singing. They all attached such emotions as wonder, awe, reverence, humility and surrender while describing this feeling, and yet they had never talked about it before. They also openly discussed their thoughts on drugs and alcohol and their belief that everyone had the potential to be creative."



Author Dr. Jenny Boyd

Commenting on the book, Clapton said: "I was amazed at how many people have shared an experience I thought was so rare."

IT'S NOT ONLY ROCK 'N' ROLL is published by John Blake Publishing in the UK and the United States and available from both traditional and internet retailers.



Jenny Boyd with former brother-in-law George Harrison in 1991

Dr. Jenny Boyd is a psychologist with many personal ties to the music world. (She inspired folk-rock singer Donovan to write the 1960's hit "Jennifer Juniper"). Jenny is the founder and director of Spring Workshops, organizing psychotherapeutic groups for people in need of personal development. She lives in London.

Holly George-Warren is a Grammy©-nominated writer, editor, producer and music consultant who has written and edited more than 40 music-related books, many as the editor of Rolling Stone Press from 1993-2001. She lives in New York.

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For review copies and additional information, contact:

**Sharon Weisz, W3 Public Relations
323-934-2700 w3pr@yahoo.com
www.w3publicrelations.com**