**Episode #045 The Best Artists Are Obsessed**

**Charlie talks with Gavin Larsen, a Prima Ballerina who retired in 2010 after a two decade career working at the top of the profession. Her new memoir, Being a Ballerina, is a love letter to artistry. An extraordinary insight into the beauty, the heartbreak, the passion, the struggle, and the incredible dedication it takes to live a creative life. What does it mean to be obsessed with your art? What does it take to sustain a multi-decade career? What is artistry?  Charlie and Gavin talk about those questions, and look at what separates those that do just enough to get by, and those who soar to the top of their art form. You can follow CBP on Instagram @creatingbehavior, and Charlie's NYC acting conservatory, the Maggie Flanigan Studio @maggieflaniganstudio. For written transcripts, Charlie's blog, or to contact him for private coaching, check out** [**https://www.creatingbehaviorpodcast.com**](https://www.creatingbehaviorpodcast.com/)

**Gavin Larsen**

<https://gavinlarsen.com>

<https://www.nytimes.com/2021/05/18/arts/dance/Being-a-Ballerina-Gavin-Larsen.html>

<https://www.bpr.org/post/stage-page-gavin-larsen-devoted-beautiful-life-ballet#stream/0>

https://www.balletherald.com/interview-gavin-larsen-wordly-wise-ballerina/

**George Balanchine**

<https://www.nycballet.com/discover/our-history/george-balanchine/>

**Sergei Diaghilev**

<https://www.theguardian.com/stage/2010/sep/12/sergei-diaghilev-and-the-ballets-russes>