**Episode 034 Self-Love and Inner Compassion**

**Charlie talks with reiki master and certified nutritionist Laura Pensiero. She works with artists to confront limiting beliefs, while also providing them a process for releasing unhealthy behavior and setting positive intentions. How can you cultivate self-love? How does an actor navigate the high's and lows of the creative struggle? How can you address your resistance to being good to yourself? How can you improve sleep and creativity by bringing more attention to what you eat? Charlie and Laura talk intimately about addressing these issues so that you can pursue an artistic career without destroying yourself in the process.  You can follow CBP on Instagram @creatingbehavior, and the Maggie Flanigan Studio @maggieflaniganstudio. Leave a message for Charlie through SpeakPipe at** [**https://www.creatingbehaviorpodcast.com**](https://www.creatingbehaviorpodcast.com/)

**Laura Pensiero**

<https://pensierohealingarts.com>

**Reiki and Nutrition**

<https://www.healthline.com/health/reiki>

<https://www.reikiassociation.net/what-is-reiki.php>

<https://nutritionreview.org/2015/08/food-for-creativity-tyrosine-promotes-deeper-thinking-in-new-study/>

<https://www.bustle.com/articles/173534-13-nutrients-that-can-boost-concentration-creativity-according-to-experts>