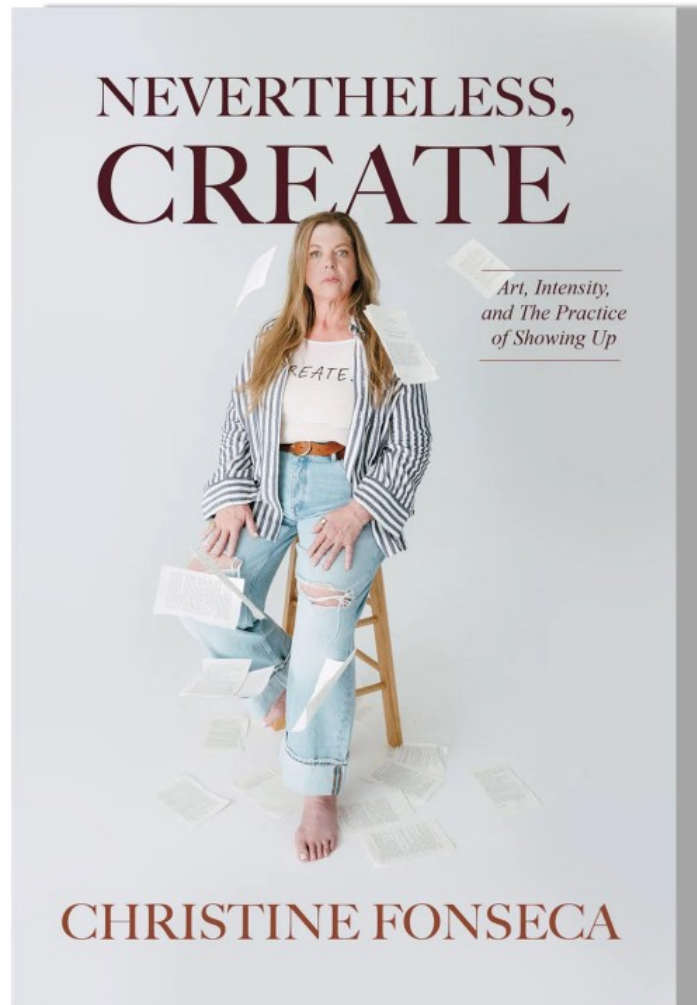


New Book by Christine Fonseca Invites Creatives to Honor Sensitivity and Reclaim Their Fire

Nevertheless, Create: Art, Intensity, and the Practice of Showing Up



Los Angeles, California Sep 18, 2025 ([Issuewire.com](https://www.issuewire.com)) - **Bestselling author**, licensed educational psychologist, and mentor **Christine Fonseca** has released her latest work, ***Nevertheless, Create: Art, Intensity, and the Practice of Showing Up***—a soulful guide for artists, writers, and makers longing to embrace their sensitivity and rediscover the joy of creating.

In a world that often tells creatives to shrink, toughen up, or conform, Fonseca offers a **powerful alternative**: listen deeply, lean into intensity, and allow art to flow from authenticity rather than fear. Blending personal storytelling with reflective practices, *Nevertheless, Create* is both a meditation and a call to action.

The book unfolds in three parts—**Root, Burn, and Breathe**—each designed to help readers reconnect with themselves. **Root** grounds the artist in truth and belonging. **Burn** explores passion, pain, and the transformative power of creativity. **Breathe** reminds us of the necessity of silence, reflection, and renewal. Together, these sections form a compassionate roadmap for anyone who has struggled with creative resistance, burnout, or self-doubt.

“Creativity doesn’t require fearlessness,” Fonseca notes. “It simply requires presence—the willingness to begin, even when it feels messy, uncertain, or overwhelming.”

With her signature blend of **warmth and honesty**, Fonseca speaks directly to deep-feeling creatives who often experience their emotions and intensity as “too much.” Rather than seeing these traits as liabilities, *Nevertheless, Create* reframes them as **essential gifts** that fuel artistry and connection.

Perfect for **writers, painters, musicians, and all makers**, this book is a companion for those ready to move beyond perfectionism and pressure. It encourages readers to find rhythm in both silence and expression, to honor their sensitivity, and to trust the small daily practice of showing up.

Nevertheless, Create: Art, Intensity, and the Practice of Showing Up is now available on Amazon in Kindle and paperback editions.

For more information, interviews, or review copies, please contact Christine Fonseca at <https://christinefonseca.com/>

Book Link: [Amazon – Nevertheless, Create](#)



Media Contact

BooksShelf

*****@booksshelf.com

Source : BooksShelf.com

[See on IssueWire](#)