Stretching My Mind

Edward Albee

What does it mean to stretch your mind? It means to think beyond the limitations of your current understanding. It means to be open to new ideas and experiences. It means to challenge yourself and expand your horizons.

This is what Edward Albee, one of America's most important living playwrights, was talking about when he wrote in his book "Stretching My Mind: The Collected Essays of Edward Albee". Albee believed that stretching your mind is essential for personal growth and development.

In his book, Albee shares his thoughts on a wide range of topics, from the nature of art and literature to the role of the playwright in society. He writes about his own experiences, his influences, and the challenges he faced as a writer.

One of the essays that particularly resonated with me was "The Art of the Playwright". Albee wrote that the playwright is a writer who creates a world that is different from our own. He or she must be able to imagine a world that is rich and complex, and then communicate that world to an audience.

Albee also talks about the importance of honesty in art. He writes that the playwright must be true to the story they are telling, and that the audience must be able to trust the playwright to lead them on a journey.

Overall, "Stretching My Mind: The Collected Essays of Edward Albee" is a valuable resource for anyone interested in the craft of writing and the role of the artist in society. It is a book that challenges us to think deeply and critically about the world around us and our place in it.

In his book, Albee writes about the importance of stretching your mind, of being open to new ideas and experiences. He writes about the challenges he faced as a writer and how he overcame them.

Albee's work is a testament to the power of the human mind. It is a reminder that we are capable of great things, if we are willing to stretch ourselves and challenge our assumptions.

As Albee writes, "The mind is a muscle that needs to be exercised. It needs to be stretched, flexed, and challenged to keep it healthy and strong."