

Write Your Best Newsletter

April 2008

Greetings,

You have received this monthly e-newsletter because awhile back you expressed an interest in writing. The goal is to give you information that helps you write more easily and productively.

AVOID WRITING PROBLEMS: 3 TIPS TO REMEMBER

"Of course! Why didn't I think of that?!" I hear that a lot from writers just after I've given them ideas that make their writing easier. In fact, I hear it so often that I decided to share these easy-to-forget nuggets in my newsletters. Consider posting them somewhere so you never forget them.

1. Writing is a process, not an activity.

Don't get discouraged or elated by any one writing session. Your experience will shift, change, and be constantly in flux. The more you do it, the better you'll get. The way one session of writing goes isn't indicative of anything. You were inspired and wrote easily? Great. It won't be like that tomorrow. You felt as dumb as a bag of hammers? No biggy--you won't be like that tomorrow. Trust that the process of writing changes gradually, subtly, over time. Just keep writing, because you and your writing change one another.

2. Anxiety won't kill you. You can learn to sit with it.

Writing creates anxiety. Rather than analyze it or push it away, just be aware of it and keep going. Soon you'll discover you can survive your anxiety. (If your anxiety is so severe you can't write, that's a writing block and you may need help to get free from it.)

3. Asking yourself questions with curiosity will clear the cobwebs.

I learned this from Rich Simon, the editor of the Psychotherapy Networker. He gets the best out of writers for his magazine by asking them lots of questions about their ideas, interests and reasons for writing. The answers help the authors go from sketchy ideas to the heart of their subject. I do the same for my clients. If you're writing alone, you have to do it for yourself.

Be curious about your writing ideas, and ask yourself every question you can think of, with curiosity and interest. Be objective--not ga ga about your ideas and

not bashing them. Each answer will lead to more questions and greater understanding of what you want to write.

If you continue to be stuck with a writing problem, consider writing coaching to get you back to writing with pleasure. For more information, visit my website, www.WriteYourBest.com

Recommended Website

www.awp.org -- Association of Writers and Writing Programs
Everything writers could want, including guides to writing conferences, programs, and center. Check it out.

Recommended Book

As an Amazon affiliate, I've created a book store for writers with my favorite writing books. To purchase the book below or any recommended writing books, just go to the [Writing Book Store](#) on my website.

Writing Begins with the Breath, Embodying Your Authentic Voice
by Laraine Herring

A powerful, beautifully written book on how awareness of our breath and body helps us write deeply and authentically

Quotes for Writers

"In the world to come I will not be asked, "Why were you not Moses?" I shall be asked, "Why were you not Zusya?"
Rabbi Zusya

"As writers, we must learn how to manage our mind, our stories, and our body's emotional triggers. We must learn to be still."
Laraine Herring

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If you are interested in knowing more about writing coaching, or want to sign up for my newsletter, just go to www.WriteYourBest.com

If you know anyone who is writing or wants to write and would like some help, please forward this newsletter to them.