

Write Your Best Newsletter

February, 2009 Newsletter

Greetings,

You received this newsletter because awhile back you expressed an interest in writing. Enjoy!

Writing Got You Down? This is for you!

If the thought of writing makes you break out in a sweat, join me in a 4-session writing workshop, "Writing with Freedom" beginning in April. You'll learn how to write loosely and fearlessly; you'll discover the pleasure of writing in your own true voice; and I guarantee that as you relax, those critical messages in your head will grow quiet. Come to this workshop, and discover that writing can be fun. And if you miss a class, you can listen to a recording and participate as if you were there.

For more information, email me at Cindy@writeyourbest.com

Quotes for Writers

"I think you create a good poem by revising your life...by living the kind of life that enables good poems to come about. It's much more productive, much more healthful, to feel you are embarked on a writing career in which the way you live your life has something to do with the kind of poems you write."

William Stafford, poet

"If those who have studied the art of writing are in accord on any one point, it is on this: the surest way to arouse and hold the attention of the reader is by being specific, definite, and concrete. The greatest writers--Homer, Dante, Shakespeare—are effective largely because they deal in particulars and report the details that matter."

William Strunk, Jr. and E.B. White, in "*The Elements of Style*"

Recommended Books for Writers:

Writing Past Dark: Envy, Fear, Distraction, and Other Dilemmas in the Writer's Life, by Bonnie Friedman. This is a warm, wise, and often funny series of essays on the author's writing life. William Novak wrote of it, "Bonnie Friedman fearlessly explores a deeper and more mysterious place--the human heart."

Recommended Website for Writers

<http://www.dogearpublishing.net/self-publishing-companies.aspx>

Save time hunting for a self-publisher. On this web page, the Dog Ear Publishing website compares policies and costs of the leading self-publishers in America. The companies are listed on the left. And though the rest of the website is dense reading, it provides an in-depth understanding of self-publishing ins and outs.

Let's Be Friends; Join Me on Facebook

I am now on Facebook! I resisted social networking as long as I could, but finally saw the light. It's way easier and more fun than I imagined. My purpose is to stay in touch with lots of people easily. And it's great for networking for your business or practice. So, if you are on Facebook already, sign up as my friend, please. And if you're not, go for it. Use it to promote your book and create a network of other writers. Or to reconnect with old friends and distant family. I'm look into creating a writing group on Facebook. I'll keep you posted.

Writing Memories

Writers often need to capture the feeling tone of an experience, but get lost in too many words, too much content. Former Poet Laureate Ted Kooser chose the poem below to exemplify how a few well chosen details can evoke powerful emotions in very little space.

Most of you aren't writing poetry, but the lesson still stands. You could turn this into a paragraph and it would be as powerful. For a challenging writing exercise, re-read the piece below several times, then write about an incident in one paragraph, tapping the mood as closely as possible.

(American Life in Poetry: Column 204)

BY TED KOOSER, U.S. POET LAUREATE, 2004-2006

"Memories form around details the way a pearl forms around a grain of sand, and in this commemoration of an anniversary, Cecilia Woloch reaches back to grasp a few details that promise to bring a cherished memory forward, and succeeds in doing so. The poet lives and teaches in southern California."

"Anniversary"

Didn't I stand there once, white-knuckled, gripping the just-lit taper,
swearing I'd never go back?

And hadn't you kissed the rain from my mouth?

And weren't we gentle and awed and afraid, knowing we'd stepped from
the room of desire into the further room of love?

And wasn't it sacred, the sweetness we licked from each other's hands?

And were we not lovely, then, were we not as lovely as thunder, and
damp grass, and flame?

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Psychotherapy Networker Symposium

I'll have an exhibit booth at the Psychotherapy Networker Symposium in DC at the end of March. If you're going to be there, come by and visit. Clients at the Symposium, join me and other writer/clients for dinner Thursday the 26h. It'll be a blast.

Email me, and I'll give you details. Happy Writing!
Cindy Barrilleaux

If you know someone who is writing or wants to write, and think they'd be interested, forward this newsletter to them.

If you want to receive monthly newsletters with writing tips and advice, sign up at www.WriteYourBest.com .

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