

Write Your Best Newsletter

May 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.

PODCAST ON WRITING COACHING--If you want to know more about writing coaching and how I work with writers, I was recently interviewed by Hugh Simmons on his podcast program. I was speaking about my work with therapists who are writing, but it applies to all writers. I also talk about the typical problems writers face and how to overcome them. Go to www.psychlonl.net and scroll down to the interview with me.

QUOTES FOR WRITERS

"We are all apprentices in a craft where no one ever becomes a master."

Ernest Hemingway

"It isn't the most talented writers who are published, but rather the ones who meet their deadlines."

Al Gore, *How to Become a Famous Writer Before You're Dead*

RECOMMENDED READING

*To purchase the book below or any recommended writing books, just go to the Writing Book Store on my website--
<http://www.WriteYourBest.com/store>.*

Breathing Life into Your Characters, by Rachel Ballon, Ph.D.

The author, a psychologist and writer, teaches how to add psychological depth to your characters. Excellent exercises.

RECOMMENDED WEBSITE

<http://www.firstwriter.com>

Among dozens of great resources, this site has a huge database of places to submit your manuscript, from magazines, to agents, to book publishers.

Feed Your Brain, Feed Your Writing

I was coaching a freelance writer on her book for some months. She's a pro, writes easily, without anxiety. A month ago, things began to change. She became edgy and anxious, and missing deadlines that she used to meet easily. She thought she was juggling too many jobs, so we worked on reducing her workload. No change. Soon she was having trouble thinking clearly and no longer enjoyed writing. I knew she didn't have writer's block, but I had no idea what the problem was. Then one day she mentioned that she hadn't slept a full night for weeks. And the light dawned.

In her article "Sleepless in America," in the Psychotherapy Networker, Mary Wylie says that prolific writers the likes of Shakespeare, Dante, Charles Dickens, Ernest Hemingway suffered insomnia. But for us ordinary folks, sleep is essential food for the brain. Research has confirmed the effect of sleep loss on brain processes. According to one study by the University of California, San Diego Sleep Center, lack of sleep significantly reduces creativity (<http://www.blackwell-synergy.com/doi/abs/10.1111/j.1469-8986.1975.tb01303.x>).

You know this from your own experience. Think about the last time your sleep tank was on Empty. Your mind was sluggish, and you couldn't dredge up a bright idea. Confidence? Risk taking? All the things you need for writing dissolve with sleep

Writing demands that your brain is firing on all cylinders. Without adequate sleep, you'll stall out. Writing books, writing courses, writing coaching? Important. Sleep? Priceless.

If you're getting enough sleep :) and still having difficulty finishing your writing project, consider writing coaching. For information about my Introductory Special, visit my website, <http://www.WriteYourBest.com>

Happy Writing!
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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 <http://www.WriteYourBest.com> .



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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.