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Baby Steps To Writing Success

By Angela Booth

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Use in opt-in publications, or on Web sites, but please include the resource box.

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Summary: Take baby seteps to writing success. One step after another, and you're a success, right now.

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Baby Steps To Writing Success

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After a lifetime's worth of writing, I can file these baby steps under the "wish I'd known when I started" category. They're vital. If you follow them, not only will you be successful at writing at some time in the future, you'll be successful right now.

=> One: Write every day Writers write. That's all. And they write every day, just like plumbers fix taps and electricians wire houses. Writers write.

It's a process. You can outline and plan your writing all you want, but at some stage, every day, you must sit down and write.

=> Two: Pay attention to what you love

You'll write best about what you love. So take note of the things you love. Make a list. Don't ever think that no one else is interested in what turns you on. Enthusiasm is contagious.

=> Three: It's the journey...

Beware of fantasies like: "When this is published", "when I get an agent", "when I hold my first book in my hand".

When your fantasies come true, and after the warm glow wears off, you won't feel all that different (in fact, you won't feel any different) to the way you feel right now. (I hope I'm not trampling your favourite fantasy into dust.)

Take comfort from this: the joy is in the journey, in the writing. When your fantasy comes true, the glow will last for a short time. What lasts longer, is your memory of the pleasure the writing brought you, while you were writing.

So since the joy of writing is your takeaway, take that joy right now. It's yours already.

=> Four: Be courageous: submit your work

The final baby step is submitting your work. Consider yourself a success as soon as you've submitted your work. You don't have any control over whether someone buys it, but you do have control over the submission process.

There's only one guarantee: if you keep writing and keep submitting, sooner or later you will sell your work.

What happens then? You repeat Steps One, Two, Three, and Four. See? It's just baby steps. Start stepping!

Resource box: if using, please include

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small biz: <http://www.digital-e.biz/>

Writer, author and journalist Angela Booth has been writing successfully for print and online venues for 25 years. She also writes for business.

Helping Your Baby Sleep Well

By Linda Davis

Should you let sleeping babies lie? Babies spend most of their day sleeping. It is during sleep that their body grows and gets stronger. Regardless of whether your baby is a heavy sleeper or a light one, it is important to take steps to enhance their sleeping patterns by recreating the environment of the womb.

First create a cozy sleeping area. Although cribs are the first sleeping space that most parents think of for their newborn babies, the space may be too large for your baby sleep in comfortably. Why? You have to keep in mind that for nine month his or her little body was snug inside the uterus. Having such a large space between their body and the walls of a crib can make them feel uncomfortable and scared. It's best to let your baby sleep in a bassinet or a baby carriage for the first few months after his or her birth.

Second, help your baby relax with soothing sounds. Inside the womb, your baby experienced the sounds of his or her mothers body. For many months your baby was comforted by the sounds of a heartbeat or the gurgling sounds of a stomach. These internal sounds helped to keep the baby happy and relaxed. When putting your baby to sleep the sound of a humming fan or the soft sound of a music box will help them sleep better.

Don't undermine your baby's sleeping habit by not letting them sleep too much in the day. If your baby has problems sleeping at night and this is interrupting your sleep, you may try fix this problem by keeping the baby up during the day. While this may work with small children by causing them to be more tired at night, it is not recommend for a newborn baby. This will only cause your baby to become sleep deprived, which in turn will cause the baby to sleep more restlessly. A well rested baby has healthier sleeping patterns than one that's tired due to being kept awake during the day, when they really wanted to be sleeping.

For the parents of a newborn child, a good night's sleep can seem elusive. It does get better as the child gets older, but in the mean time, you can take these few steps to encourage your baby to sleep well.

Linda Davis contributes to several web sites, including

and



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