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**Overcome Writers Block with Snake Dancing**

**By Judy Cullins**

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Writers block! Even columnist Dave Berry has it. He admits that at least 30 times a day when writing his humor column, he gets up from his computer to sip his Pepsi and to divert his attention when he can't think of what to write. Recently, he reached for the cola and instead found a coiled snake. He tried barbecue tongs to carry it away, but when it landed in his pool, he kept the dance going trying to catch the thing.

As a writer you may think you are blocked because you think your book may not be significant enough, you don't know how to format it, or since you aren't famous, your book won't sell. Or, like Dave you can't think of something great to say.

Let the book coach encourage you beyond your doubts. Know that your book is unique and offers useful solutions to help your audience solve their challenge or problem. You don't have to write like others, and yes, you can write a saleable book.

What is Writer's Block?

To me it's just that I'm distracted and don't seem organized enough with what's important to write for my particular audience. It's a signal that my brain won't focus temporarily. Like Dave Berry, I need a break.

To some of you, it's like stepping off a cliff and plunging into the abyss. You don't have all the answers to start, so it becomes overwhelming to even put words to paper..

Why do we have Writer's Block?

1. We have too many ideas/ choices. We need to focus on one thing at a time. Write down 3-4 topics you are passionate about. Take some deep breaths, and let the #1 come forth. Write on one book

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primarily, and just put new ideas into the others' folder. Stay with your #1 book until you finish it. When we don't finish a project, we feel guilty—and hence more stuck!

2. Fear. Really, "False Evidence Appearing Real." Our performance anxiety keeps us from taking that next step. However, we can get direction and skills from a how-to book on writing or a qualified book coach if we are willing.

3. We don't have enough information to move forward to write a clear, compelling book. Perhaps we aren't sure of how to publish our book. Or, we don't know how to put a chapter together. Book writing information is easily available from the Internet. Do a search on "book coaching" and find helpful resources.

4. It seems an enormous task in time and money. What most emerging authors don't realize is that they don't have to write the "end all, be all" book. Just choose one focus such as solving one problem

or writing for only one preferred audience per book. Targeted audiences are much easier to sell to.

### How to Get Unstuck.

1. Warm up! Writers need to relax, get into alpha state each time before they write. So take deep belly breaths for 1–2 minutes first. Another way to set up your book writing success is to listen to relaxing music before you set out to write. You may even warm up by handwriting something before you commit it to your computer.

2. Got the blank page blues? Write a little the day before then you have a partial page to hook new related, information onto. I wrote this article in two sittings because I didn't like my old introduction.

3. Switch tasks, but honor a time set aside for writing each day. If you are stuck in #1 book, add research stories, or how to's to the #2 book. If stuck on one chapter, start or work on another one.

4. Organize your book, both on your computer and in paper files. For your book, name it and save as the main folder. Add new files to this folder such as – the introduction – Chapter One and the rest – Table of Contents with Chapter Titles – The back cover, sales letter, or 30–60 Second Tell and Sell (sales message).

4. Start a promotion folder too. Name one folder "traditional" and another one "online." Start adding files of promotion information as it comes to you.

Then, when your book is almost finished, you'll have your promotion foundation ready to hit the ground running for fast, continuous sales that keep your cash flow going.

4. Love your topic. When you have passion for your book, you won't have many blocks. You'll be excited to sit down and spend special time each week on it. You may want to work daily like I do. When you do one "high level" activity a day on your book, you will finish before you know it and you will feel exhilarated and satisfied at your results.

Remember a page a day yields 365 pages a year. Think about a shorter book of only 25–50 pages you can deliver as an eBook or print book. You can finish one in less than a month!

Judy Cullins: 20–year author, speaker, book coach  
Helps entrepreneurs manifest their book and web dreams  
eBk: "Ten Non–techie Ways to Market Online"

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## **HOW TO OVERCOME WRITER'S BLOCK**

**By Craig Lock**

### **HOW TO OVERCOME WRITER'S BLOCK by Craig Lock**

Just thought I'd share a few thoughts on how to use the amazing powers of your creative imagination to the fullest in overcoming "writer's block"...

Letting you know that I start all my novels with a BASIC PLOT (plan) and don't have much idea how it's all going to end up ("pan out". I don't use techniques, like "mindmapping" and have found that by writing one chapter at a time then simply "letting go", the story simply flows onto the next naturally (at least I think it does!).

When I get "stuck" for a while, I take a long walk along the stunningly beautiful beaches here, which really relaxes me and then the thoughts simply "flow into my head". This takes hold and I get a clear vision of the next small step ahead (always)– through the amazing powers of the subconscious mind , which is where our INSPIRATION comes from. .. and this leads, impels (nice word!) us into ACTION.

I study and write quite a bit about the amazing powers of the human mind... and truly believe the "powers" are available to ALL writers, when they simply relax and trust their intuition.

"Let Go and Let God, the Universe reveal plot (or ANY IDEA to move forward) to you" through your CREATIVE IMAGINATION...

and it never fails to work for me (in all areas of life, I believe)!

Enough "spiritual thoughts" and back to writing!

Hope this may help in whatever endeavour you choose (artistic or otherwise), as it does me.

Craig Lock

Authors Note:

This short article was a reply to a question in a literary magazine on how I use my creative imagination (or subconscious mind) to overcome writer's block .

N.B: I truly believe we ALL have this amazing power within us (not only writers) and like any skill, it just needs to be developed with practice. The creative imagination can solve any problem you may encounter down

the "river of life".

P.S:

Sorry about all the "eyes" in the article, but didn't know how to write it any other way.

Perhaps I should have left the "problem" to my creative imagination!

" I truly believe we can all create and enthuse magic into 'so-called humdrum little lives'.

You don't just have to be the choreographer, or the conductor of your life script – rather paint your life as the the masterpiece it could (one day) be.

There is a rich tapestry of talent in every human soul, that flows through (and from ), the Source of our Being, the Spirit of God, Life. So don't spend your days stringing and tuning your instrument; start making and playing your unique tunes of music now."

– Craig Lock

Craig LockThe ORIGINAL onlineCreative Writing Course<http://www.nzenterprise.com/writer/creative.html>

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