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Remember Writing For Pleasure?

By Annette Beveridge-Young

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Many freelance writers, who write full-time, will agree that to survive within the publishing world, there are constant pressures to seek out new publishing outlets and to continually strive for the regular publication of new articles.

To the outsider looking in, life may seem sweet, with hours to suit, no trudging to work in the wind and rain, or working at a job you despise, however, freelancers vary rarely work the traditional 9-5 and working a five day week is almost unheard of. There are no steady hours in the freelance writers world. Any time off is often spent researching new material, absorbing daily events or at least mentally planning for the next interview. Even time spent away on holiday cannot prevent the Freelancer from planning the next travel article and taking notes and photographs of places of interest-just in case.

Professional writers work long and sometimes unsociable hours, in their attempt to make a living. Life is governed by possible rejections, disappointments and extreme highs when an article is finally accepted for publication. Freelance writers these days have to not only be creative, inventive, and resilient, but are expected to be experts in niche areas and able to market themselves to boot!

Although, most established freelance writers would not swap their existence for a steady 9-5 job, it is easy to see how some writers buckle under the severe pressure, living life by their wits, having to constantly budget their money for months ahead. They can become jaded with this continual pressure. The very source of their writing essence can dry up, leaving them struggling for both ideas and direction.

Freelancers become so used to writing for deadlines, targeting a specific house style, and then double-checking their facts that sometimes, it is easy to forget that writing can and should be fun.

For any writer who has been in this situation, then take heart; the all-important batteries can be recharged. Just take a step back momentarily and cast your mind back to the good old days. Writing stories or poems then were a labour of love, you wrote from the heart or from your soul, because mood dictated and not because you needed to make a profit.

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It is time to tune in to good old inspiration.

Writing can be therapeutic; it can channel anger and sadness, releasing bottled emotions, allowing the tension to slip away as you become immersed within your story line.

In this day and age, freelance writers cannot afford to write for pleasure very often. Time becomes very precious, with rigorous schedules in place to enable them to succeed in a competitive market; ambitions often drive them to breaking point. But every now and then, it is important to re-evaluate their values and write purely for pleasure, for release and for satisfaction.

Think back to the moment when you realised you wanted to be a writer. What was it about writing that

attracted you the most? Was it the unique opportunity to be able to glimpse into a different world or see life through another's eyes? Did the lyrical qualities of poetry inspire you to put pen to paper or did you feel untapped creativity surging through your body as inspiration come to life?

When we write for ourselves, we do not need to worry about word count or house style, our tensions evaporate as we become one with our subject. When our creative juices are exhausted, we feel contented again. These words are not wasted, even if they may never be published, they are just ways of channelling your feelings and they enable you to remember, why you became a writer in the first place.

Hone your skill, perfect your art, but when life gets too much, take time out to lose yourself in your creativity and just write for pure pleasure.

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The Truth About Smokers "Pleasure Paradox"

By Neil Stelling

Smokers love excuses. Nothing makes them happier than, 'I can't quit because...'. They really believe their own excuses.

But all these excuses are cop-outs. There's no reason to smoke. Smoking doesn't have any redeeming benefits. It's 100% harmful, poison.

But many smokers don't want to hear that. In fact, they already know it's poison. They just haven't yet discovered how to quit. Reading the truth, in a non-aggressive, non-threatening way, helps to get started on the quit smoking path.

So the excuse, 'I enjoy them', 'they give me pleasure', needs to be looked at carefully. Do they really enjoy them, or are they making a 'Can't quit' excuse.

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In reality, the pleasure comes from the experiences associated with smoking. It doesn't come from smoking itself.

In fact, smoking becomes the 'avoidance of displeasure', rather than the 'gaining of pleasure'. Smoking brings temporary relief to the withdrawal symptoms that smoking caused in the first place.

Have you always smoked ? Or do you remember back to a time you felt peace and confidence, before this addiction took hold of you ? Any pleasure comes from temporary relief of withdrawal symptoms. That's the sad truth.

Where's the pleasure in loss of taste ? A build up of tar and other chemicals causes a gradual loss of taste. Smokers sometimes don't notice since it happens over years.

Then they can't taste expensive restaurant meals, and think multiple cigarettes before, during and after the meal provides the answer. Sound familiar ?

In fact, good company and conversation provide the pleasure, which a smoker mistakenly associates with his cigarette.

What else causes us to associate pleasure with cigarettes ?

Unfortunately, over many years, cigarettes have featured prominently in movies. Famous, beautiful people seem to love their cigarettes.

Have you noticed how most romantic movie moments used to involve two people lighting up cigarettes together ? Luckily that's less common in modern times, but who can forget Bogie and others in the classic old films.

Cigarettes still get advertised around the world, associated with something pleasurable. Once again, romance, freedom, open countryside, tranquillity.

This psychological conditioning prevents thousands of people quitting. The myth of 'pleasure' is stronger than the reality of physical nicotine dependency.

Ever heard a smoker say they can't wait for their children or grandchildren to get started smoking ? Of course not ! They know it's harmful, and usually openly admit they'd like to quit. They even agree with policies that restrict smoking in public places !

They admit they found the taste awful at first. But persevered so they could seek the pleasure they hoped to emulate. Nature makes poisons foul-tasting for good reason – a warning not to use that substance.

Smoking actually removes pleasures previously taken for granted.

We've already covered taste. How about fitness ? How about the ability to run more than a few yards

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without gasping for breath ? How about your non-smoking friends and family, who must breathe passive smoke, and find their clothes foul smelling in the morning ?

So the biggest pleasure in quitting smoking actually comes from regaining past pleasures ! Unless you're a lifelong smoker, you've forgotten the simple pleasures lost.

But here's some good news. Those pleasures can come back. When you quit, your senses eventually return to normal.

Once again, you can taste and enjoy food. Taste starts to return after only a few days. Over time, your fitness will improve. Your habits will change as your non-smoking personality starts to emerge e.g. no cigarette between meal courses.

The pleasure of non-smoking far outweighs any imaginary pleasure from smoking. Regaining life's simple pleasures is a worthwhile goal, and good reason to quit smoking right now.

Why can some people quit smoking permanently, while others just keep starting again ? Discover the NLP approach to quit smoking once and for all. Click ==>

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