

Stimulate Your Sensebuds...and Wave Goodbye To Writers Cramp!

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By Linda Gray

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When you get stuck for ideas, and the words won't flow, invariably it's because one, more or all of your senses aren't being stimulated.

Staring at a blank screen or sheet of paper really doesn't help. The best way to stimulate all your senses in one hit is to provide an inspirational space you can work with.

Lots of Feng Shui arrangements appear in western homes these days, and they're great, but outside those four walls of your writing space, there is another world bursting with enlightenment and inspiration.

Of course you may have to work at it a little, but hey, we all need some exercise sometimes!

Whether you have a balcony or a backyard, you can very simply build a natural living world to plunge into whenever you choose. If you have neither, consider renting a small patch of land or sharing a garden with someone.

Gardening conjures up all sorts of hard work images; tools, backache, blisters etc;. but it's only as hard as you make it. Start small and design your garden on paper first. Decide where you want herbs, flowers – and even vegetables, if you have the space and inclination!

A tiny balcony or back yard can be bordered with herbs and flowers. If you're staring at several square metres of concrete, don't despair. Plant your sensory stimulators in pots. Paint the pots different colours if you like.

Choose strong smelling, long lasting flowers, such as wallflowers (Cheiranthus). They will grow in some shade and do well against walls, fences and hedgerows. Climbing roses will only need a few hooks screwed into the fence, and they will happily cover your fence in blooms. Both these flowers are

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colourful, smell beautiful and are velvet to the touch.

Many herbs will grow in pots. Grow chives for something to nibble as you wander round the garden. Mint varieties are many, from spearmint through to the newer varieties such as pineapple or melon mint. Try them! They really do smell of pineapple and melon.

Some herbs are perennial and, once established, will need very little care. But remember to pick them to encourage growth.

The acoustics in your outside space will change dramatically when you have flowers growing. Those bees and bugs won't be able to resist.

Rub the leaves of your mint plants or other herbs and fill the air with the scent.

Now relax in a chair, listen to the humming of the insects and nibble on your chives. Within ten minutes you'll either be dozing and gaining some well needed rest, or you'll be running back to your keyboard with more words in your head than ever before!

Linda Gray is a freelance writer and, with her partner, has spent ten years renovating an acre of neglected woodland. Drop in at

for pots of gardening

inspiration!

Valerie Kirschenbaum's "Goodbye Gutenberg"

By Nash Ville

Valerie Kirschenbaum's "Goodbye Gutenberg" by Nash Ville

Truly, color is what makes our lives exciting. This might be the reason why Valerie Kirschenbaum has written and designed a masterpiece known as "Goodbye Guttenberg" containing pages that are undeniably delightful to behold. It presents 860 gorgeous, full color images from the great art and manuscript traditions of the world. The book was printed on an outstandingly fine Japanese matt art using a paper high quality offset lithographic press and uses.

In Goodbye Guttenberg, Kirschenbaum makes a logical and passionate case for rethinking and redesigning books. Though book readership has been steadily declining, she remains optimistic about the future of the printed word. With this, the book can truly captivate readers with full color text books. Flipping through its pages provides an experience similar to browsing the web. Reading offers each person an unlimited, equal opportunity passport to explore the far corners of the mind and of the world. Also, she points out that we read not only to stimulate our imaginations, but our basic emotions such as joy, love, fear, hatred, agony, etc.

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This edition of Goodbye Gutenberg is more than just a book. It's more than just another present for a special occasion. With the combination of ancient literatures with today's cutting edge page designs and latest technologies, it really creates an entertaining, multi-sensory experience. I firmly agree that it is a cultural heirloom for your family, and a gem to own and cherish for a lifetime. In fact, it is a feast for the eyes and it is a book that is meant to be read.

Indeed, this is probably one of the most stunningly visual books I've ever seen. You will be astonished, astounded and absolutely amazed by this masterpiece. At the very least, you will consider it gorgeous and want to keep it for a lifetime. You will certainly want to share it with family and friends because there's really nothing to compare. So, if you enjoy reading, if you care about books, if you want to encourage reading in others, I recommend you to read this book because it may well help you discover how you can be part of the vanguard that ushers in this new age of publishing. At the least, you will never again look at books in the same way.

Folks, NEVER wait for another moment. This is the right time to have Goodbye Guttenberg! It is absolutely a once in a lifetime opportunity so don't let that chance to pass by.

I can't say that I have mastered writing because of my writing experiences. I believe that this craft is a continuous learning process. I've been working hard to become a more competent writer, most especially now that I'm working as a content writer for this company. I'm doing articles for printing companies, medical sites, legal sites, and many more. For comments about the article you may contact the Author at <http://uprinting.com>

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