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**The Write Habit: How to Strengthen Your Writing Muscle**

**By Katey Coffing, Ph.D.**

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Writing is a muscle that needs exercise to stay in shape.

Write away!

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To receive additional articles and tips for women writers, subscribe to Katey's ezine, The Write Calling,

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**Timer Magic for Writers**

**By Katey Coffing, Ph.D.**

(1) you'll be in your chair, and

(2) you'll be willing to write during that time.

Even if you're afraid you'll be staring at a blank screen, do it. That's your agreement.

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