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Write Strategy: Think, Believe, Attack

By Shery Ma Belle Arrieta-Russ

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Think of writing like karate...it's about DISCIPLINE.

Writing, like other forms of art, work or talent, requires discipline. It won't ever be enough that you say to yourself that you are a writer. Only when you write and write with discipline can you call yourself one. Before you can earn a black belt in karate, you have to dedicate yourself, practice and instill discipline in yourself to learn the moves and techniques.

The same goes for writing. Don't just read books. Devour them. Ray Bradbury, author of *Zen in the Art of Writing*, suggests books of essays, poetry, short stories, novels and even comic strips. Not only does he suggest that you read authors who write the way you hope to write, but "also read those who do not think as you think or write as you want to write, and so be stimulated in directions you might not take for many years." He continues, "don't let the snobbery of others prevent you from reading Kipling, say, while no one else is reading him."

Learn to differentiate between good writing and bad writing. Make time to write. Write even though you're in a bad mood. Put yourself in a routine. Integrate writing into your life. The goal is not to make writing dominate your life, but to make it fit in your life. Julia Cameron, in her book *The Right to Write*, sums it best: "Rather than being a private affair cordoned off from life as the rest of the world lives it, writing might profitably be seen as an activity best embedded in life, not divorced from it."

Believe that EVERYONE HAS A STORY — including you.

Extraordinary things happen to ordinary people. As a writer, your job is to capture as many of these things and write them down, weave stories, and create characters that jump out of the pages of your notebook. Don't let anything escape your writer's eye, not even the way the old man tries to subtly pick his nose or the way an old lady fluffs her hair in a diner. What you can't use today, you can use tomorrow. Store these in your memory or jot them down in your notebook.

Jump in the middle of the fray. Be in the circle, not outside it. Don't be content being a mere spectator. Take a bite of everything life dishes out. Ray Bradbury wrote, "Tom Wolfe ate the world and vomited lava. Dickens dined at a different table every hour of his life. Moliere, tasting society, turned to pick up his scalpel, as did Pope and Shaw. Everywhere you look in the literary cosmos, the great ones are busy loving and hating. Have you given up this primary business as obsolete in your own writing? What fun you are missing, then. The fun of anger and disillusion, the fun of loving and being loved, of moving and being moved by this masked ball which dances us from cradle to churchyard. Life is short, misery sure, mortality certain. But on the way, in your work, why not carry those two inflated pig-bladders labeled Zest and Gusto."

Attack writing with PASSION.

The kind of writing you produce will oftentimes reflect the current state of your emotions. Be indifferent and your writing will be indifferent. Be cheerful and watch the words dance across your page.

Whenever you sit down to write, put your heart and soul in it. Write with passion. Write as if you won't live tomorrow. In her book, *Writing the Wave*, Elizabeth Ayres wrote: "There's one thing your writing must have to be any good at all. It must have you. Your soul, your self, your heart, your guts, your voice — you must be on that page. In the end, you can't make the magic happen for your reader. You can only allow the miracle of 'being one with' to take place. So dare to be you. Dare to reveal yourself. Be honest, be open, be true...If you are, everything else will fall into place."

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Shery is the creator of WriteSparks! – a software that generates over 10 *million* Story Sparkers for Writers. Download WriteSparks! Lite for free –

Is It Stress Or An Anxiety Attack?

By John H. Rogers

Stress can lead to a host of problems and manifest itself in many ways. One of the more predominant results of stress is an anxiety attack. An anxiety attack can happen at any time to those who suffer from this disorder. Some studies have pointed to a steady increase of people who suffer from anxiety attacks and other stress related disorders.

Time Magazine printed an article that referred to the cause of anxiety attacks, which is stress, as an epidemic in 1983. No one would argue against the fact that the world around us has gotten to be a more stressful place, and that can only mean that the number of anxiety attacks will continue to increase.

In today's world, no one is immune from the ill effects of stress, whether it is in the form of depression, agoraphobia or anxiety attacks. Many of us have experience an anxiety attack and never knew it for

what it actually was. That's because few people know the symptoms of an anxiety attack. Those who suffer from repeated anxiety attacks learn to know the symptoms, and when the onset of an attack is on its way.

A true anxiety attack is much more intense than just feeling stressed out at the end of the day. An anxiety attack can come on suddenly at any time, not just after a single stressful event. Often, the attack overwhelms the individual in one instant, and for no apparent cause. It is estimated that one out of three Americans will experience an anxiety attack, and one out of every seventy five people worldwide will experience an anxiety attack at least once within their lifetime.

How do you know if you're suffering from an anxiety attack? Well, the symptoms are varied, but they can be very intense, so it is easily distinguished from the regular stressed out feeling we have at the end of the day. If you are experiencing any of the following symptoms, you could be having an anxiety attack, and should see a doctor right away.

Extreme nervousness with shaking.

Difficulty breathing, feeling as though you cannot get enough air.

Runaway heartbeat.

For more information about anxiety attack, click the link to visit our website at

. We have some great free articles and resources about anxiety attack.

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