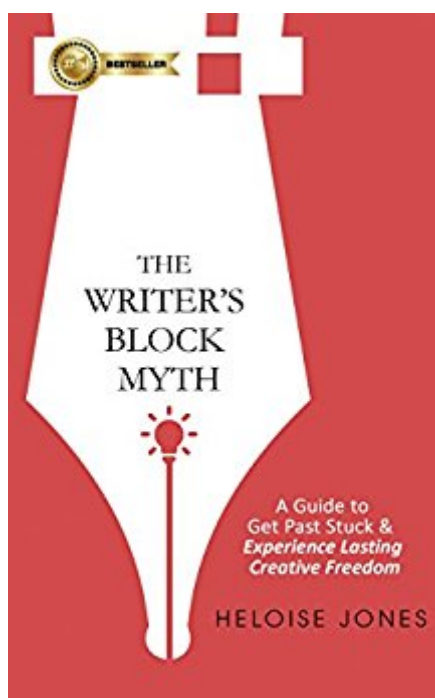


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# The Writer's Block Myth: A Guide To Get Past Stuck & Experience Lasting Creative Freedom



## Synopsis

#1 Bestseller The Writer's Block Myth is a grounded and inspirational guide for what every writer and creative person wants - to live their joy in the process and to create. Whether you're a seasoned writer or new to the page, The Writer's Block Myth is like no other book on writer's block or the creative life out there. Created for people living in the real world and presented like a conversation with a good friend, it offers a framework to shift your thinking and integrate writing as part of your life, whatever your circumstances. You'll learn how you're still a writer even when you're not putting pen to paper or fingers to keyboard. How stuck on the page is not about writing so you can focus on the right things to move forward. You'll understand the many ways to define your process and why it matters. Included are the voices and stories of other writers for inspiration and examples for how to apply the principles presented, plus short, easy exercises & tools to support you. You'll have your greenlights & your permission slips & for doing it your way. The Writer's Block Myth is a culmination of hundreds of hours of conversations and work with writers, artists, and creatives, as well as interview-conversations conducted with writers of all levels, interests, and experience. This book is for every writer, whether professional or new to the page, who's experienced being stuck, and knows what feeling blocked looks like. It's for those who feel a split in their creative life and life in the real world, who want to be seen and validated to do what they love to do - write and create. This book is for every person who wants to stay on their feet to live, work, and create at their best, feeling lasting creative freedom. Put it on your desk, kitchen counter, or bedside table. Carry it in your bag. Refer to it often. It holds the keys to get past stuck, complete your goals, feed your creative Soul, and guide you to experiencing lasting creative freedom.

## Book Information

File Size: 2164 KB

Print Length: 190 pages

Page Numbers Source ISBN: 1946697044

Simultaneous Device Usage: Unlimited

Publisher: Lifestyle Entrepreneurs Press (March 5, 2017)

Publication Date: March 5, 2017

Sold by: Â Â Digital Services LLC

Language: English

ASIN: B06XG28X95

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #309,372 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #69

in Kindle Store > Kindle eBooks > Reference > Writing, Research & Publishing Guides > Editing

#179 in Books > Reference > Writing, Research & Publishing Guides > Writing > Editing

#300 in Kindle Store > Kindle eBooks > Reference > Writing, Research & Publishing Guides >

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## Customer Reviews

The Writer's Block Myth by Heloise Jones could not be more timely. This book is one of the best comprehensive explorations of how to write from a holistic perspective that I've ever read. Jones approaches her "writer readers" (my phrase) as an empathetic mentor (she's been there/done that, too) who allows for growth and truth and the ability to evaluate mistakes while using those same mistakes to help the "writer reader" discover something about herself/himself. Jones's book hits on an important but too often overlooked truth: NO TWO WRITERS ARE THE SAME. As a writer who heard the calling from a young age, decades have gone by where I have felt as far from being able to call myself a writer as anything else. In this day and age of rapidly changing technology, multiple publishing platforms, and click-now marketing avenues, there never seems to be enough time in a day or a week or a year or 10 years to perfect it all, or even to have the capacity to understand every option. The way Jones creates a space for writers to get to know who they are as a writer is so refreshing. No matter what type of writing you do, if you write, I strongly believe this book will speak to you. I'm convinced that anyone who loves writing (or even likes it only sometimes) will get at least one gem (if not 100) out of it. My copy is going on the shelf next to King's On Writing, Lamott's Bird by Bird and Strunk & White's The Elements of Style.

The Writer's Block Myth: A Guide To Get Past Stuck & Experience Lasting Creative Freedom If you consider yourself to be a writer or if you aspire to be considered one, this handy guide could be a

mainstay of motivation and flow to your work. There are two sets of 7 in Heloise Jones' book of strategies and action aides. The first set of sevens deals with the writer's inner game. These keys set you free to write. The second set deals with the writer's permissions. They are green lights for success. The inner game requires you to keep an evidence journal. Documenting your progress, however tiny, counts toward eventual success. Next, you learn how to dismiss distractions and "do what answers yes." Then there is learning to trust the creative process. These first three keys alone seem like leaps and bounds. When you engage the outer game, you give yourself permission to do what writers do - use your imagination, daydream, observe with purpose, learn the craft, research, read, and even doodle. Next, you give yourself permission to approach writing your way; that is, establish your own when and where. You continue through the permissions to arrive at your best creative life. The action steps along the way are encouragingly titled "Something easy." And there is a creative writer's worksheet guide by which you can assess your progress monthly. This guide is incredibly easy to follow or refer to. I highly recommend it.

I simply loved this book! After reading many books on how to overcome writer's block, this is the book that made the difference for me. Heloise Jones is the first person that ever suggested to me to give myself permission to "do what writers do", and realize that it "counts", whether or not you have pen to page or are typing words. There's so much more to writing that writers do all day every day. It resonated for me especially because my husband will sometimes say he can see that I'm working on my book, when I'm doing dishes or staring out the window. The story is playing out in my head and he knows when I'm doing that, not to interrupt and pop that bubble of story world I have going. Thank you Heloise for showing me that it's not really writer's block when I'm stuck, it's life block! And thank you for your encouragement to give ourselves credit for all that other stuff we do that counts.

I was interviewed for this book. When I received a copy from the author as a thank-you for my time, I was not in a good place with my writing. But I was in a familiar place - a place of exhaustion which left me questioning the point of it all. I did not immediately read THE WRITER'S BLOCK MYTH because I knew I didn't need a cheerleader. I didn't need someone telling me I could do it (I knew I could do it, I'd done it four times). What I needed was something deeper. I needed recovery from the identity I carried as writer, and all that I thought that meant, and a new way of thinking about it, and living it. A more whole approach to writing and life, so that one is as important as the other. Heloise Jones gave me that. I was very interactive with this book. My copy is highlighted and the

margins are scribbled in. I know that this is a book I will return to many times. Jones not only tells us about writing, but she tells about the deep well that writing comes from and she gives solid tips for replenishing that well, for continuing on the path of writing without whipping yourself. She tells us that we can live as a writer 24/7 without having to PRESENT AS A WRITER 24/7. One of the things I love most about this book is her belief (now my belief too) that everything we do is writing. That calmly washing the dishes, while looking out the window daydreaming is writing. That taking care of ourselves is writing. That reading is also writing. She deftly gave back to me the places my writing had originated from, the places I need to revisit again and again, regularly, in order to be fed as a writer, the places that I had lost sight of in the journey of publishing. Heloise Jones has a message for writers, no matter where we are on our separate paths. Her message is an important one, especially in this day and age of celebrity book deals, pressure on writers to perform on social media, and the general culture of winners and losers. How easy it is these days to compare where we are with where someone else is. How easy it is these days to feel like we don't measure up, like we can't play the game, like we're not "real writers." Jones' has a calm generous voice, and there's substance here. Real substance.

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