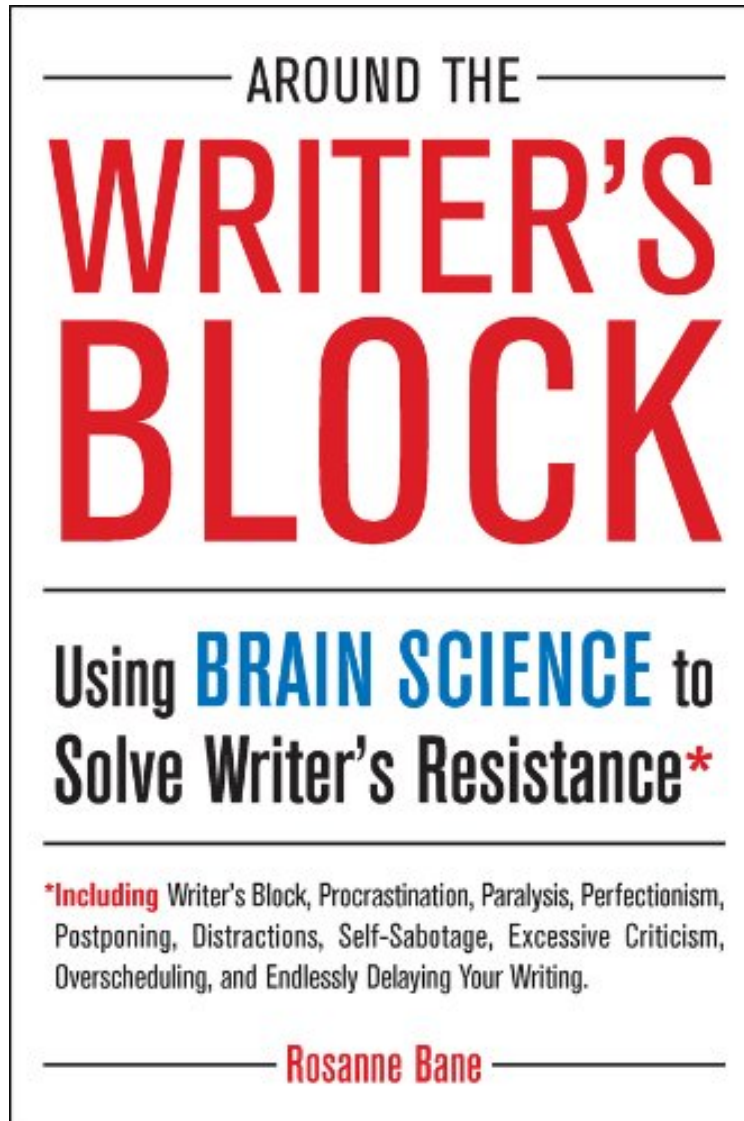


Around the Writer's Block: Using Brain Science to Solve Writer's Resistance

Rosanne Bane

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Rosanne Bane : Around the Writer's Block: Using Brain Science to Solve Writer's Resistance before purchasing it in order to gauge whether or not it would be worth my time, and all praised Around the Writer's Block: Using Brain Science to Solve Writer's Resistance:

6 of 6 people found the following review helpful. The Best of it's KindBy Lale DavidsonI've struggled with the desire to write and a painful writers block off and on my whole life. I've read other books on creativity (Julia Cameron's famous 'The Artist's Way' and Hilary Rettig's '7 Secrets of the Prolific'; both

excellent) but this book really pulled together the whole picture for me better than any other I've seen. The brain science aspect takes the blame out of the picture. The detailed information on the stages of writing we go through from hibernation to gestation to illumination and what to do in each stage is great. Also helpful was the distinction between process and product time and the list of the diverse activities that count as product time. This concept banished guilt and taught me how to match my activities to my creative proclivities. Every time you get stuck, Bane has a way to talk you through it. The idea of making a firm but minimal commitment to only 15 minutes a day really works. I've been doing the program for about six months. I feel I've finally reached an understanding that if I do the time, keep plugging away, eventually, my writing will reach the standards I've been wishing for. Bane makes it clear, we will never be free of resistance, but with the tools she so clearly lays out, we can lower the resistance and keep moving. I now have a pleasant compliment of projects, stories-in-progress, stories being sent out, and ideas to work on. I've recommended the book to my writing group and to just about anyone I meet who struggles with writing. I keep it on my desk as a talisman of hope. Thank you Roseanne. Incidentally, if you write to her, she'll write back, and she offers coaching at a very reasonable rate.

1 of 1 people found the following review helpful. A good writing tool to have on hand
By Matilda
Excellent book, I learned a few new things about the ol' writer's brain while reading it, and most helpful of all, some new ways at looking at writer resistance. I refer back to it on those days when its hard to get going; and it never fails to set me on the right path again. Its a must-have in any writer's library.

2 of 2 people found the following review helpful. This book belongs in every writer's library.
By Jan Cooper
This book is a must for any writer, or artist, struggling with procrastination issues. From the first chapter, I was able to identify where, and why, I was sabotaging myself, and push through my own resistance barriers. If you want to boost your self-confidence, and increase your creativity and productivity, buy this book!

Discover the tricks that your brain uses to keep you from writing—and how to beat them.

Do you: Want to write, but find it impossible to get started? Keep your schedules so full that you don't have any time to write? Wait until the last minute to write, even though you know you could do a better job if you gave yourself more time? Suddenly remember ten other things that you need to do whenever you sit down to write? Sabotage your own best efforts with lost files, missed deadlines, or excessive self-criticism? The good news is that you're not lazy, undisciplined, or lacking in willpower, talent or ambition. You just need to learn what's going on inside your brain, and harness the power of brain science to beat resistance and develop a productive writing habit.

In *Around the Writer's Block*, Rosanne Bane-- a creativity coach and writing teacher for more than 20 years-- uses the most recent breakthroughs in brain science to help us understand, in simple, clear language, where writing resistance comes from: a fight-or-flight response hard-wired into our brain, which can make us desperate to flee the sources of our anxieties by any means possible. Bane's three-part plan, which has improved the productivity of thousands of writers, helps you develop new reliable writing habits, rewire the brain's responses to the anxiety of writing, and turn writing from a source of stress and anxiety into one of joy and personal growth.