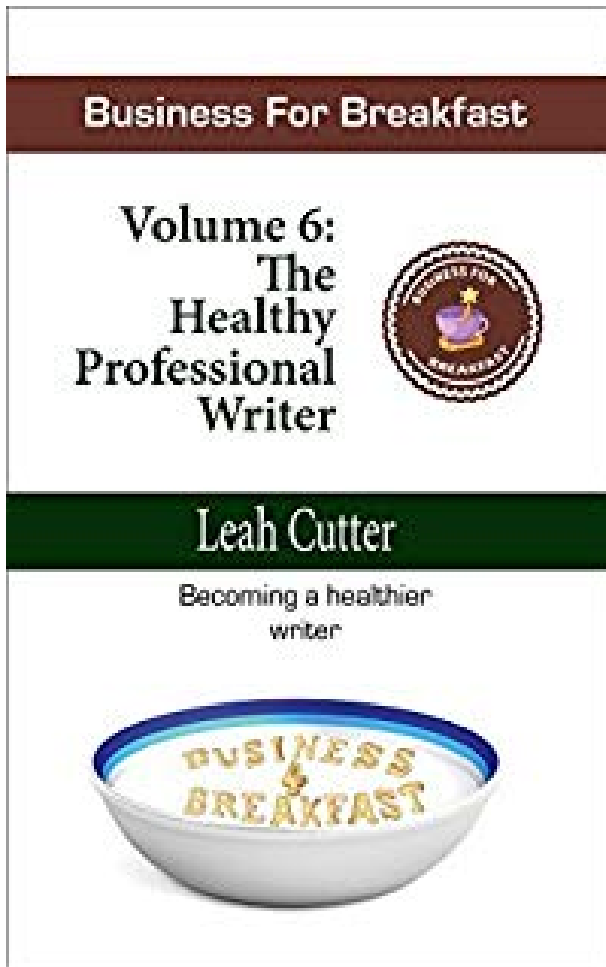


# The Healthy Professional Writer (Business for Breakfast Book 6)



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<b>Goodreads Rating:</b>	3.00
<b>Published:</b>	October 1st 2017 by Knotted Road Press
<b>ASIN</b>	B0763LVN57
<b>Pages:</b>	71

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So. You're a writer. And like most people, writer or not, you'd like to become healthier. Whatever that means. There's a lot of advice out there. However, most of it comes from people who have always been healthy, or who aren't writers. Plus, they don't encourage you to define health for yourself. This book is my personal journey to health, along with a lot of tips and tricks for how you, as a writer, can start "leveling up" your writing to be healthier and happier. If you are struggling with your own health journey and connecting that to your writing, this book may be just what you need. For those of you doing NaNoWriMo, this book also includes a couple chapters on "marathoning"--both writing a lot in a short amount of time, as well as how to prepare for a marathon so you can do it without killing yourself. Be sure to read the other books in this series: Volume 1: The Beginning Professional Writer Volume 2: The Beginning Professional Publisher Volume 3: The Beginning Professional Storyteller Volume 4: The Intermediate Professional Storyteller Volume 5: Business Planning for Professional Publishers