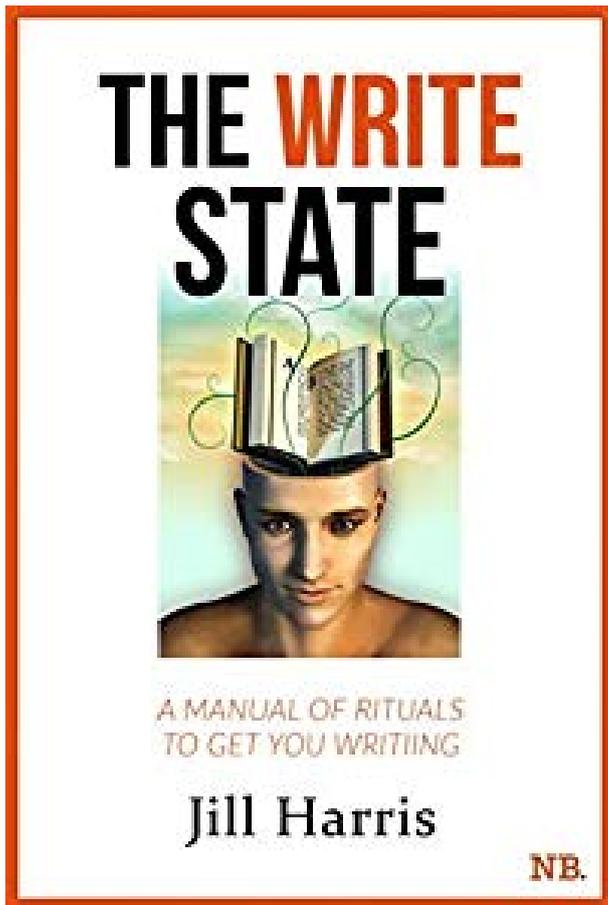


The Write State: A Manual of Rituals to Get You Writing



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You want to write a novel. To finish the first draft, edit and publish it? Then you would like to do it all over again? That's a great goal. Many authors nowadays know that in order to make a living from your writing, you need to be consistently productive. Writing between one and four novels a year is the new normal. This means you want to be able to rely on your creativity. You need to be ready to tackle the task and conjure the muse whenever you've got time to write. What if you could do that using simple rituals? Rituals aimed at getting you into a supercharged state of mind? Well, you can, but only if you understand the creative process of writing a work of fiction. It can take years to fully understand your own process. Or you can learn how to identify your unique approach to writing fast and smart in the pages of this book. Which will save you a lot of time and heartache. Over the last ten years of teaching, editing and wrestling with my own writing demons, I've discovered there is one vital mistake many authors make. They think the whole process involves one single mind state - creativity. Often called 'flow', it's where you sit down and the words pour out and then it's done. But this is only one of the five separate mind states novelists have to work with. Creating a full length story requires several distinct stages, and each one requires a different approach. I've spent years researching general creativity and experimentally applying it to novel writing. This has helped me to come up with five main stages in the process: Prewriting, freewriting, rewriting, publishing and nurturing. After years of trial and

error, I found out how to create the correct mind state for each stage. I developed a system of giving my brain simple commands to make sure I am in the right state for whatever part of the process I'm in. This made it easy to go from one stage to the other without grinding to a halt or getting stuck in an end loop.

It also allowed me to write, edit and publish two full length novels in less than a year. All athletes know that the human mind responds well to ritual and verbal commands. This book will help you understand each stage of the novel writing workflow, and how to evoke the correct mind state so you can slip into the process with ease. You will learn how to develop your own rituals to create the Write State. Once you have mastered this process, you will be in control of your creative process - and who knows what you can achieve once you have that? I hope this book helps many writers. Those just starting out as well as more experienced authors.