

Writing Aerobics Sample
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INTRODUCTION

Ask me anything. I will tell all. Life is writing, writing is life. Yes, I have a story to tell ... at least five more novels' worth. You do, too. I am not here to teach you but to inspire you to look at your life as though it were a book, seeing and finding its beginning, and middle, and imagining a variety of endings. Connect your obsession to a resolution. Anyone can do it! Anyone can get published! First you have to believe in yourself and give yourself permission to get in touch with your vision, set a goal and then begin.

THE FIRST RULE IS TO HAVE FUN!!

Ask yourself these questions:

What do you want to say? What is your message?

What do you want to do with your writing? Why? Put a fence around some part of your life, and begin.

DESIGN YOUR BOOK JACKET

On this page, select one or several working titles for your book and design your book jacket.

Your Title is Your Theme

Keep it short. Let it sell!

By

Your Name

Story

The story is what happens. Your story is already in your psyche, curled up, ready to come out. Contained in two parts, your story has its OUTER part, in which the story lives, acts, reacts, and its INNER part, in which the story feels, thinks, reacts. Emotions reveal story. So don't push your story. As a parent holds a child's hand, lead your story with your emotions. Just as the psyche is divided into the conscious self and the unconscious.

Story - What happens
action line

Plot - How it happens

Writing Aerobic

Write a book blurb for your book jacket. Sum up your story: