



Guide to Getting Around the Obstacle Course

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Overcome your writer's block, and start writing right now.



1. Remember why you wanted to write this book in the first place. Remind yourself of your purpose, how important it was and still is to you, and the value your book will bring to your readers.
2. Think about what it takes to write a book, and take inventory of your assets. Ask yourself if you have:
 - The desire to write this book more than you want to do anything else
 - A concept or main idea of what the book will be about
 - A plan, including an outline of your content, an estimate of how long this project will take to complete, a list of experts you might need to call upon, an idea of how you want to publish, and some specific thoughts on promotion
 - A long attention span that will keep you excited from start to finish
 - Self-discipline to stick with it and do *what* has to be

done, *when* it has to be done

- Support from family and friends, a writers' group, an editor or agent, or anyone who encourages you to write your book

3. If you have most of them, you have what it takes. Whatever you're missing, you can develop, build, or strengthen.
4. Limber up your fingers the way a pianist does before he begins his formal practice. Put your fingers on the keyboard, and start writing. What should you write about? Anything that comes to mind. A letter to your mother. A fairy tale from your childhood. What you would be writing about if you didn't have writer's block. A grocery list. It really doesn't matter. You're just limbering up before practice, just putting words on the screen. Any words will do, even gibberish, until your body memory kicks in, and you remember why you're sitting there.

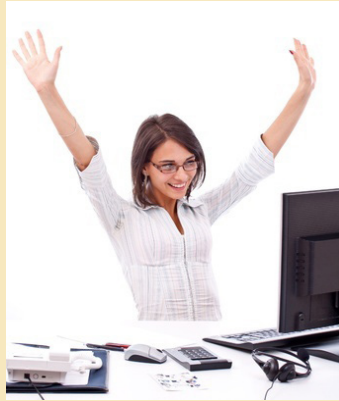
Get organized, and move your book from a dream to reality.



1. Start thinking about organization even before you start writing. You will be so glad later that you got off on the right foot and never became hopelessly lost in mysterious files and missing drafts.
2. If you need help, find an organization specialist who knows her way around a computer.
3. Start by setting up a file folder on your computer desktop. Inside that folder create sub-folders for each chapter and section of the book (preface, introduction, bibliography, etc.). Don't worry that the file folders are empty. You will be filling them with your book very soon.
4. Set up an identical paper filing system in a box or a drawer. For every digital document, you should have a corresponding paper version.

5. Designate a place and a time to write; make them sacrosanct. Don't eat lunch there or chat on the phone with friends. Don't check your email or download music. Just write. And when you are finished for the day, tidy up so that your special writing place is neat and clean when you return tomorrow.
6. Print out what you have written and back up your book to a separate hard drive or cloud system *every day*.
7. Use "Save as" to save your files; put the date in the file name. That way, you will never type over an old draft.
8. If you live with other people, post your writing schedule on the refrigerator or bulletin board, and let everyone know how serious you are about sticking to it (without interruptions).

Build self-confidence to take your book all the way to Amazon.



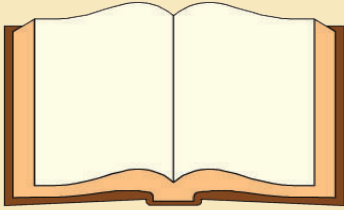
1. Fall in love your subject, and prepare to have a long relationship. If you love it, you'll stick with it in good times and bad. Sure, there will be some stormy seas, but that's life. If you really love what you're writing about, you won't abandon ship half way through the journey. Deep down, you know you can make it to your destination, and you will.
2. Believe that your message is worthy of sharing with others. If it's your own story or someone else's, a cautionary tale or an inspirational one, a how-to manual, a slice of history, or something that will make readers laugh, know that your book will enrich at least one person's life.
3. Take care of your health. There's an old saying that writing a book is a marathon, not a sprint. It is. You

wouldn't go into a long race on an empty stomach or after a sleepless night. You need your energy, so eat well; sleep as much as you need to; stretch frequently; and make exercise an integral part of your training.

4. Think about the person you are writing to as a friend who is interested in what you have to say. What does she need from you? Why did she pick up this particular book? What is the question your book might answer or the problem it might help her solve? Talk to her. Start a conversation. Be real; be you.
5. Avoid jargon, even if you are writing to readers who might understand it. Using business, technical, political, academic, or medical jargon is like speaking in code to a very small group of people who get it; but it excludes all the people who aren't in that particular club.
6. Don't try too hard. Sometimes, the story evolves on its own time. Other times, it feels like a rockslide of words that don't mean anything. On the rockslide days, admit defeat and walk away. Tomorrow is another day.
7. Trust yourself. Trust your instincts. When you get a message from your inner voices, pay attention. Those voices are never wrong. Never. Trust the creative process. It works if you let it. If you have ever read a book that touched you, that was the creative process at work.

Struggling to write your book?

Wherever you are in the process, whatever help you need, one of these options is right for you!



*Three ways to take
How to Write, Publish, &
Promote a Nonfiction
Book, an online course
for aspiring authors*

What these courses have in common

Based on the popular *How to Write a Nonfiction Book*: From planning to promotion in 6 simple steps, these easy-to-take, practical courses will teach you the key concepts you need to know and help you apply those concepts to your own book.

How the courses are different

You need 7 Mini Courses • Choose 1 if you want to learn only one or two aspects of the book-writing process to help you finish your book.

You need the 7-Module Online Course • Planning to Promotion if you are comfortable with e-learning and prefer to learn on your own time, at your own pace.

You need The Full Package • Course + Coaching if you would like a guide every step of the way on the road to your finished book. (For details on how to register, email Bobbi at bobbi@writinganonlinecourse.com)

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