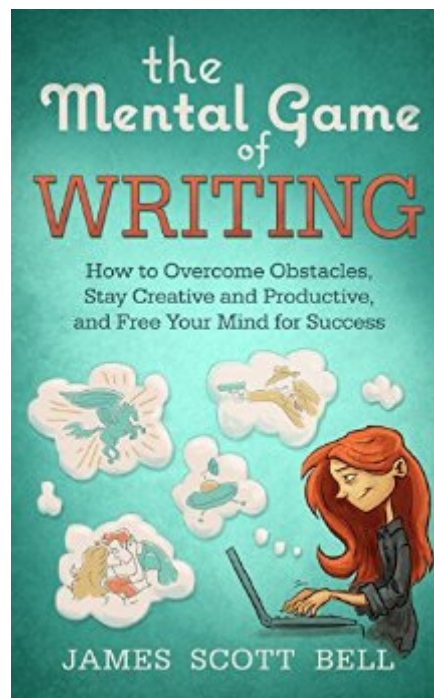


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# The Mental Game Of Writing: How To Overcome Obstacles, Stay Creative And Productive, And Free Your Mind For Success



## Synopsis

The keys to success as a writer are yours for the thinking! All success begins in the mind. For writers, the mind fuels the imagination and creates stories. But for authors who are productive and resilient, and see a good return on their efforts, there is another factor at work. They are winning the mental game of writing. Successful writers have the ability to inspire themselves to produce consistently, improve systematically, overcome obstacles and keep up a positive mental attitude. In this book, #1 bestselling writing teacher James Scott Bell takes you through the mental landscape of the successful author. He shows you not only how to stay on your game, but how to improve it. He gives you insights, strategies and techniques for blasting through walls and jumping over hurdles, setting you free to concentrate on what you love most â “ writing. You'll learn how to define true success, formulate goals and plans, find courage and commitment to write, unleash your creativity and write with joy. You'll also be given steps to handle challenges like stress, burnout, envy, expectations and the trap of comparison. In short, you'll learn to get all your mental jets going full blast so your writing can reach new heights!" I need three things before I tackle a new novel: Diet Coke, a laptop, and my dog-eared copies of James Scott Bell's books on writing craft." - #1 NYT Times Bestselling Author Kami Garcia

## Book Information

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## Customer Reviews

Nothing about craft in here. This is all about the vital mental game. Envy, insecurity, fear, writers block, procrastination -advice for all these and more. Structured in short chapters, easy to pick up and read in 2 minutes a pop. If you have fears, worries and emotions churning inside you when you write, this book is for you. I learned a lot and will be buying the author's other books.

This gem should be read by every aspiring and published author. As you progress in your journey as a writer there are new hurdles to vault. When you're starry-eyed and dreaming, you need to read it. When you've got five books under your belt, you need to read it. When you're pulling out your hair wondering if you made a huge mistake wanting to write, you need to read it. The Mental Game of Writing needs to be read at every stage of the journey. James Scott Bell truly inspires and teaches us how to overcome the obstacles (as the subtitle promises) while sharing stories of his own journey along the way. So much of a writer's drive is in the mind, as Bell explains. In this day and age when negativity abounds, it's a good reminder to keep our chins up, dream big, and keep pounding the keyboard! Don't give up.

Volume-wise, James Scott Bell's books on writing line my shelves more than any other author. The reason for that is that he brings value to the table with each book that he generates. While we would all agree there are seemingly a bazillion books on writing always in existence and that in all likelihood there isn't a subject that hasn't been covered, Mr. Bell continues to find nuggets to inject into his work. I like that "The Mental Game" didn't fluff up with a lot of unnecessary verbiage--he just got to the point. I found myself taking the most notes in the sections on creativity, growth, production, uniqueness and power. On top of all that, he used a quote from Zane Grey, which forever makes this book a favorite. 8-) A good solid addition to the writer's library that will neither break your bank or your time budget. For anybody who gets mired in the mental gymnastics of building a writing career, this book is for you.

Always enjoy this author's books on writing. Think I'll collect them all. This one is a quick read with lots of great advice. Perfect for me, at this moment. (Should also mention, he came to speak to our writers' group in Calgary, Alberta, and was terrific!)

You might think that a lot of Bell's tips and activities for managing the mental game of writing (productivity, for example) are generic and could be learned from Tony Robbins, Stephen Covey, or other notable experts who help people be the best they can be. I'm sure you could scour the Internet, and eat up valuable writing time in that pursuit, to gather all of the specific and helpful suggestions, exercises, and resources for yourself, but why bother when much of it is right here. I'm already implementing several suggestions today (Nifty 250, for example, even though I'm a Recovering Non-Morning Person) and I just finished reading the book. This one is well worth the investment, and I'll be using it a lot.

As a writer and editor over the last 20 years, I've read hundreds of writing how-to books on different aspects of the craft. I've never read an entire book on the mental challenges to writing UNTIL James Scott Bell published THE MENTAL GAME OF WRITING. The mental barriers to getting your writing done are tackled in this book in a fresh and insightful way. Bell writes about 30 different topics in a short style. Readers can cover these topics in a few evenings or read them one a day for 30 days and consider how to apply the insights to their own writing. Whether you are facing a need for more discipline or creativity, you will find great wisdom in these pages. For example in the chapter on courage, Bell says, "Writers, it seems to me, are like tightrope walkers. It takes courage to put yourself out there, especially at the beginning, arms akimbo, people expecting you to fall. Maybe wanting you to. And you do. The question then is, what are you going to do about the fear?" (Page 32) Then Bell gives the reader three ways to gain more courage. From his years of experience, the wisdom for writers is packed into these pages. Another mental issue for writers is to compare your own writing to others. In the chapter on comparison, Bell says, "Comparison is death to a writer. Don't look up or down. Look at the page in front of you and nail it!" (Page 109) Keep your highlighter handy as you read this book. As you tackle the mental game in your own writing, I suspect you will want to return to these pages over and over. I highly recommend THE MENTAL GAME OF WRITING. W. Terry Whalin is the author of more than 60 books including his latest Billy Graham: A Biography of America's Greatest Evangelist

James Scott Bell offers solid advice on getting back on track, or staying the course, when writing. Some are simply reminders, such as writing each day and setting schedules to meet goals, and others, such as believing in one self and not getting discouraged. Bell is one of the top teachers on the art and craft of writing. Whether you're a beginner or seasoned writer in a rut, you will find some

words of encouragement, inspiration or perhaps perspiration (the nudge to get you back to work) to reignite the creative spark.

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