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Chiwriting: How to Use Endurance Training Principles to Condition Your Creative Mind, Supercharge Your Writing Life, and Finish Your Book (Paperback)

By T a Pierce

U.S. ISBN Agency, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.ChiWriting is a unique energy management approach to writing and the creative process based on the principles of endurance training. Endurance training is about using a structured approach to developing and harnessing the physical and mental energy necessary to complete a long-distance event, such as a marathon or triathlon. Writers and prospective writers alike can adapt these same strategies and techniques to develop and harness the creative energy necessary to complete a book or other long-term creative project. By using endurance training principles as a model for the writing life, ChiWriting reveals a practical and systematic way to put words on the page consistently and progressively. More than that, it shows readers how to integrate these principles into their daily lives to enhance overall energy and well-being, enabling them to continue meeting other important work and family responsibilities. Readers will learn: -The parallels between physical and creative energy systems and how they support each other. -The three basic workouts athletes use that writers can adapt to make consistent progress on their projects. -Ten key endurance training and planning principles and how writers can...



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Createspace, United States, 2015. Paperback. Book Condition: New. Apoorva Dingar (illustrator). Large Print. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Klara is a little different from the other cows, because she has a very special...