

There's No Time Like The Present To Start Writing A Book

There's no time like the present to start writing the book you've always dreamed of writing. After all, the book is not going to write itself, right? While dreaming about writing a book is easy. The actual process of writing takes the wherewithal to get the job done.

The thing is that every journey begins with a single step. In the case of writing a book, the journey begins with the writing of a single word. In some sense, that's all that it takes. You have to believe that you can accomplish the task, and then you have to begin the work. The good news is that when you start writing your book in the correct manner, completing the project becomes that much easier.

Mark Twain once said that writing a book was easy. All you have to do is cross out the wrong words. While funny, this comment contains an element of truth. The process of writing a book is the process of writing down the right words.

Unfortunately, it's the amount of words involved that stops a lot of people dead in their tracks. The average book contains approximately fifty to sixty thousand words. When you first sit down to write, that number can seem daunting and impossible to achieve. The secret is to start slow. Set yourself a reasonable word limit each day. Make it a number of words that you can realistically achieve. Now, cut that number in half. This is the number you should shoot for each day. It's a reachable daily goal and when you begin to hit that number, day after day, you'll see how quickly the word count adds up.

Remember to make an outline of your project before you start. An outline is your roadmap. It helps to keep you on track while you're writing and it gets you back on track if you get lost. Keep the outline simple to begin with. Think about it as a preliminary table of contents for your book. Once you have this framework in place, building your book around it becomes easier.

Writing is mental exercise. It causes stresses the same way that physical exercise does. That's why it's important to keep to a fixed writing schedule. Write at the same time everyday. If possible, write in the same place. This regularity of behavior will help you get in the mood for the task at hand. Also remember, to let

your mind rest by taking days off from this schedule. Rest days help your creative batteries recharge.