



Writing from the Body: For Writers, Artists and Dreamers Who Long to Free Their Voice (Paperback)

By John Lee

St. Martin s Press, United States, 1994. Paperback. Book Condition: New. New.. 206 x 145 mm. Language: English . Brand New Book ***** Print on Demand *****.A book about spirit, creativity, and the inner life of the writer Certain writing books go beyond questions of craft and art to explore the deepest sources of the creative impulse. Writing from the Body is not a head book ; it is a heart book, a shoulder book, a hand book, a back book, and a soul book that liberates writers from the shackles of self-consciousness and doubt.Developed from John Lee s popular workshops that have helped thousands of writers, this book offers meditative techniques, physical exercises, and candid counseling--all designed to combat the fears, self-imposed standards, and suppressed feelings that block creative potential. Inspirational qutoes from poems and prose develop John Lee s central message: in order to write from the truth of our total experience, we most return to our bodies.As Lee notes, The call to write is a call that s received in the body first. If we are to answer this call, we have to feel every part of our lives. In this book you ll learn the grammar of...



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