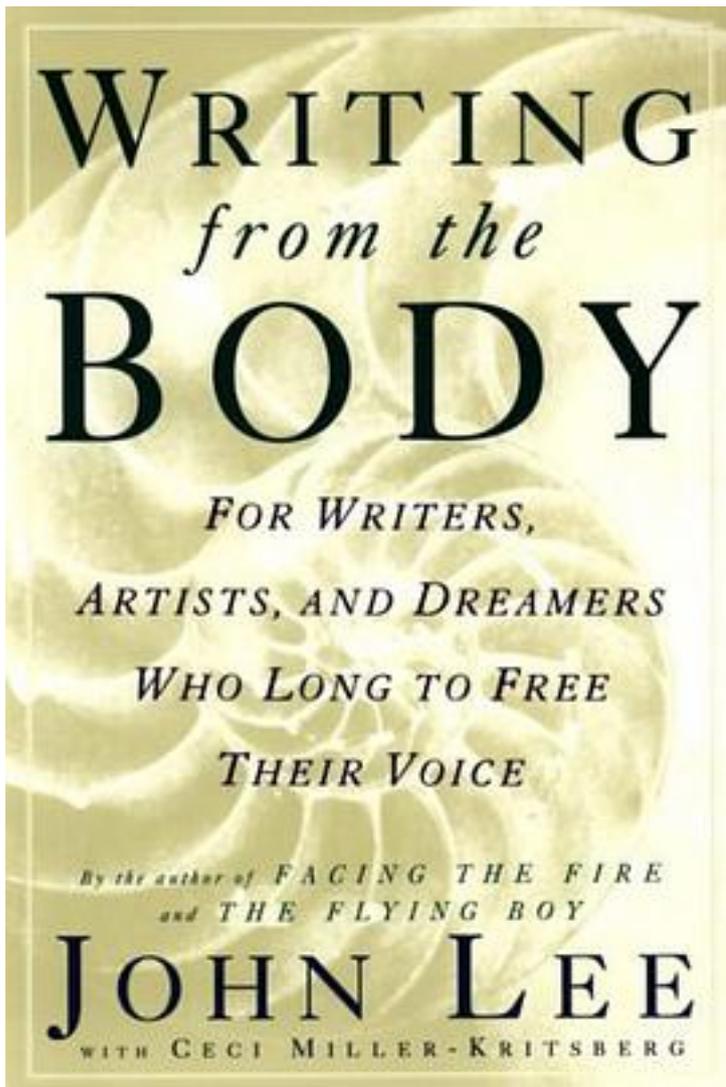


Writing from the Body



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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 quotes from poems and prose develop John Lee's central message: in order to write from the truth of our total experience, we must 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 the gut, the syntax of the sinews, the language of the legs. For everyone who is tired of living life in the little closet between the ears, get ready." Any writer, artist, teacher, or psychologist interested in the creative process will find this book invaluable, a lasting source of hope and power.

作者介绍:

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