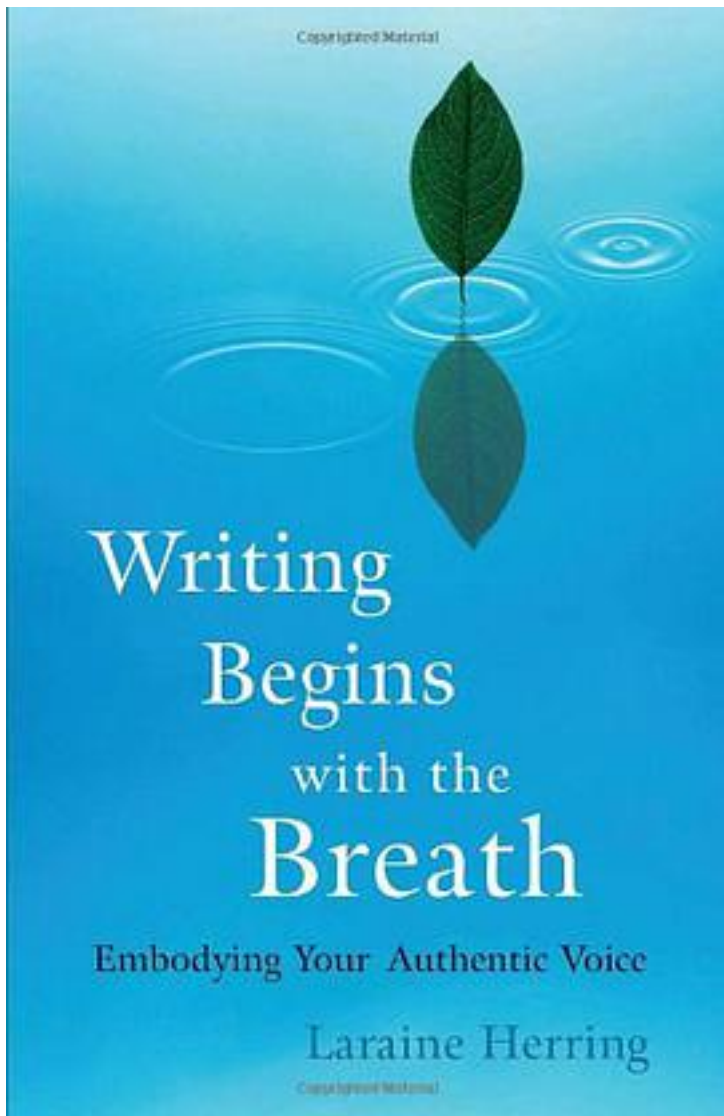


Writing Begins with the Breath



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著者:Herring, Laraine

出版者:Random House Inc

出版时间:2007-9

装帧:Pap

isbn:9781590304730

In this distinctive guide to the craft of writing, author Laraine Herring shows us how to tune into our bodies and connect with our emotions so that our writing becomes an expression of our full beings, rather than just an intellectual exercise. With warmth and wisdom, Herring offers a path to discovering "deep writing"—prose that is unique, expressive, and profoundly authentic. Lessons and imaginative exercises show you how to: stay with your writing when your mind or body starts to pull you away; explore the five senses in your writing; and approach your writing without judgment.

Writing Begins with the Breath will open up a whole world of creativity for people who may not have considered themselves writers before, while also providing keen insights into the craft for seasoned writers.

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目录:

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