

I WANT TO WRITE A BOOK BUT ...

Insights from a Book Coach to Help You
Complete Your Book Project

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CHAPTER 1: THE MINDSET

Writing a book for most people isn't a common skill. To write a book takes discipline, focus, time, and commitment. For many people, I've found this to be an overwhelming task, for a number of reasons.

Let me share this idea in another way. Consider Sheila R, the client who wrote the testimonial at the end of the last section. Sheila was a business owner ... a do-er if you will; someone who started a business, did all the things required to keep a business afloat and so forth. But when it came down to the idea of writing a book, she saw it as a huge challenge. Then, once that hurdle had been crossed, it had opened even more doors for her!

Obviously this is not to say that someone who wants to write a book should be a business owner. What I'm saying, though, is that a person who wants to write a book should be someone who wants to write a book. That's it.

For someone with a story to share, grammar shouldn't be a block. The fact of whether someone wants to read it or not should not be a block. There really isn't a prerequisite to writing a book other than one, very important requirement: the desire to do so.

In the very most basic terms of wanting to write a book, the intended author should hold tight with every fiber of his or her being the focus and desire to complete that project. And that's all there is to it.

If a person wanting to write a book can realize that the process is just this simple, the entire project will be much easier. To get past that huge mental wall standing there before you ... to realize that it's merely cellophane and easily passed through ... can help to get you started on your book writing goal. In realizing this, too, it will help you to reap rewards throughout the rest of the process.

CHAPTER 2: SO WHAT ARE THE MAIN ISSUES?

With respect to the clients I work with, the three most common reasons why clients want to write a book are to share a family history, to tell about a significant event that happened in his or her lives, and to share a concept or idea such as for a business. As you can see, the range of audience varies from specific (family) to more general (an event) to much more general an audience (business idea). The ratio of my clients is about 60% of family histories, 30% events and 10% business.

Since the majority of my clients write about family history, I'll be using examples from this genre throughout the book.

We've already talked about the fact that the "icing" issues aren't generally the main reasons people don't write their books. So, what are the reasons?

I've found in working with my clients that there appear to be several main issues including:

- People have trouble getting started. If they get started, they have trouble continuing. If they continue, they have trouble finishing
- People tend to jump in with both feet and an arm and write ... write ... write, thinking it is about creating a lot of words though not having a very clear direction. Then, suddenly, they have 100 pages of stuff they

don't even want to read themselves and the whole project is cast by the waste side.

- Fear *Fear Fear*. It's about fear of the idea of having work to do. It's about the fear of actually getting the project going -- for any number of reasons. It's about the fear of putting themselves out there and of what possible responses may arise. (We do seek approval after all). Fear is such a powerful blocker.

I have to admit that not being a therapist or other such expert, the ideas I will share are what have seemed to work well for many of the clients I've worked with. But before we get into those issues in more detail, I'd like to take a slight detour.

THE SLIGHT DETOUR

I'm going to veer off the path for a moment. I would like you, dear reader, to consider embracing right now, an image. If you have read this far into this eBook, chances are pretty good that you have a story to tell.

So, now, I would like you to think about the story you want to write. Better yet, grab a piece of paper or a notebook and jot down some notes. There is no stress here. Just write down some thoughts you are having ... some memories ... some ideas ...

Go ahead and write until you don't have anything else you want to write about at this moment. Relax. Have fun with it!

As you're writing, are you feeling excitement? Are you enjoying what you are writing about? Good! Because, really, that's what the process of writing a book is all about.

Now, here is a point for you to consider. If you did this simple exercise and wrote down a few ideas or words or what not, then you have just debunked the notion that you can't write. There is simply no "can't" here because you just did it!

So now you might be thinking, *okay, but it's not grammatically correct or the sentences aren't perfect* or whatever. But here's the thing – stuff like that can be fixed. With the internet, you can learn about grammar. You can hire an editor. Or, if you have a friend or someone you know who seems to be really good at grammar, ask them if they would read your draft. So you see, this piece can be handled.

The next point isn't as simple a fix, however. One huge worry I have people share is that they are concerned with what other people will think of their books. As we have already touched on, people seek other people's approval. They care about what someone else might say or think of them and their work. Honestly, putting out a book is like wearing your heart on your sleeve. It's your words, your time, your effort, your project, and your passion.

I'm not going to sugar-coat things for you, dear reader. What I have heard from clients after their projects have been put out into the world has covered the gamut of possibilities. Some have shared that they have had wonderful support and others, just the opposite.

I want to impart a piece of information with you here. In every case where a client has come back and shared their

experience with me after they have finished their projects, I have asked the client one question: *How do you still feel about finishing your book?* Keep in mind I have asked this of the folks who'd shared that they had a lot of support *and* the ones who'd said they hadn't, as well as everyone in between. In every single case, the response has been that they were as excited months, even years later, as they were when they first saw their book completed. And this has been in spite of others' responses to their books.

There is a huge sense of accomplishment when you finish a book. You want to share it with the world! And rightly so! It's a great feeling and I tell clients, *hold onto that feeling - you earned it!* Literally! And if the world, for whatever the reason, isn't as excited as you, it's okay. It doesn't diminish what you did. It never will.