

FREE GUIDE

IT'S TIME TO SHARE WISDOM

WRITING A SELF-HELP?

it's time to share wisdom

Dr. B



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THE SELF-HELP WRITER'S STARTER GUIDE

HOW TO TURN YOUR WISDOM, EXPERIENCE, AND LIFE LESSONS INTO A BOOK THAT HELPS OTHERS GROW

YES, YOU CAN WRITE A SELF-HELP BOOK

A SELF-HELP BOOK IS CREATED WHEN GOD, LIFE, EXPERIENCE, AND WISDOM COLLIDE AND YOU FINALLY REALIZE THAT WHAT YOU SURVIVED CAN SAVE SOMEONE ELSE TIME, PAIN, CONFUSION, OR HEARTACHE.

YOU DON'T HAVE TO BE PERFECT TO WRITE A SELF-HELP BOOK.

YOU DON'T NEED A DEGREE.

YOU DON'T NEED TO BE A THERAPIST.
YOU DON'T NEED TO HAVE EVERY ANSWER.

YOU SIMPLY NEED:

- A STORY
- A STRATEGY
- A SOLUTION
- A DESIRE TO HELP OTHERS WIN

SELF-HELP BOOKS ARE BIRTHED WHEN YOU SAY,
"I REFUSE TO KEEP EVERYTHING I LEARNED TO MYSELF."

YOUR PERSPECTIVE, YOUR PROCESS, AND YOUR HEALING ARE POWERFUL.

AND SOMEONE IS WAITING TO GROW BECAUSE OF WHAT YOU'VE ALREADY OVERCOME.

WHY YOUR SELF-HELP BOOK MATTERS

A SELF-HELP BOOK IS MORE THAN MOTIVATION.
MORE THAN INSPIRATION.
MORE THAN TIPS AND STEPS.

A TRUE SELF-HELP BOOK IS:

- GUIDANCE
- FRAMEWORK
- STRATEGY
- TRANSFORMATION
- TRUTH
- A MIRROR
- A MENTOR IN BOOK FORM

YOUR BOOK CAN HELP SOMEONE:

- BREAK A CYCLE
- HEAL EMOTIONALLY
- GAIN CLARITY
- RECOVER CONFIDENCE
- START OVER
- MAKE BETTER DECISIONS
- DEVELOP DISCIPLINE
- STRENGTHEN THEIR FAITH
- REBUILD THEIR LIFE
- SEE THEMSELVES DIFFERENTLY

YOUR BOOK BECOMES A RESOURCE, ... SOMETHING
PEOPLE CAN RETURN TO AGAIN AND AGAIN.

YOUR WORDS BECOME STEPS.
YOUR EXPERIENCES BECOME SOLUTIONS.
YOUR LIFE BECOMES THE BLUEPRINT.

THIS IS WHY YOUR SELF-HELP BOOK IS NOT
OPTIONAL; IT IS AN ASSIGNMENT.

THREE CHALLENGES THAT HOLD MOST SELF-HELP WRITERS BACK

1. FEAR THE FIRST CHALLENGE

FEAR IS BOLD WHEN YOU'RE CALLED TO HELP PEOPLE.

IT WILL WHISPER:

- “WHO ARE YOU TO TEACH SOMEONE ELSE?”
- “YOU'RE STILL LEARNING YOURSELF.”
- “YOUR LIFE IS NOT PERFECT ENOUGH.”
- “PEOPLE WON'T TAKE YOU SERIOUSLY.”
- “YOU'RE NOT AN EXPERT.”

BUT HERE'S THE TRUTH:

YOU DON'T WRITE A SELF-HELP BOOK BECAUSE YOU ARE PERFECT, ... YOU WRITE ONE BECAUSE YOU LEARNED SOMETHING WORTH SHARING.

FEAR LOSES ITS POWER THE MOMENT YOU CHOOSE TO SHOW UP ANYWAY.

WRITE THIS ON PAPER:

“I AM READY TO HELP OTHERS THROUGH MY EXPERIENCE, AND FEAR WILL NOT STOP ME.”

READ IT EVERY DAY FOR EIGHT DAYS.

ON DAY NINE, ... START CREATING YOUR OUTLINE.
FEAR CAN ONLY HOLD WHAT YOU REFUSE TO RELEASE.

2. LACK OF KNOWLEDGE **THE SECOND CHALLENGE**

**MANY PEOPLE DON'T WRITE A SELF-HELP BOOK
BECAUSE THEY DON'T KNOW:**

- **WHERE TO START**
- **HOW TO STRUCTURE IT**
- **WHAT THEIR MESSAGE SHOULD BE**
- **HOW PERSONAL IT SHOULD BE**
- **WHAT MAKES IT SELF-HELP VS STORYTELLING**
- **HOW TO WRITE STEPS OR FRAMEWORKS**
- **WHICH PARTS OF THEIR LIFE MATTER**

**BUT A LACK OF KNOWLEDGE IS NOT A
DISQUALIFICATION, IT'S SIMPLY AN INVITATION
TO LEARN.**

SELF-HELP BOOKS USUALLY FOLLOW THIS FLOW:

- 1. THE PROBLEM**
- 2. THE EXPERIENCE**
- 3. THE REVELATION**
- 4. THE STRATEGY**
- 5. THE STEPS**
- 6. THE TRANSFORMATION**
- 7. THE APPLICATION**
- 8. THE CONCLUSION**

**YOUR BOOK DOESN'T HAVE TO BE COMPLEX; IT HAS
TO BE CLEAR.**

**THE MORE YOU LEARN ABOUT STRUCTURE, FLOW,
TONE, AND READER EXPERIENCE, THE EASIER IT
BECOMES TO TURN YOUR STORY INTO SOLUTIONS.**

**KNOWLEDGE GIVES YOU DIRECTION.
DIRECTION GIVES YOU CONFIDENCE.
CONFIDENCE GIVES YOU MOMENTUM.**

3. FINANCES

THE THIRD CHALLENGE

MANY ASPIRING SELF-HELP AUTHORS DELAY WRITING BECAUSE THEY ASSUME THE PROCESS IS TOO EXPENSIVE.

BUT ASSUMPTIONS BLOCK DESTINY.

WRITING A SELF-HELP BOOK DOES NOT REQUIRE:

- **A HUGE BUDGET**
- **THOUSANDS OF DOLLARS**
- **A MAJOR PUBLISHING HOUSE**
- **EVERY SERVICE ALL AT ONCE**

MANY COMPANIES, ESPECIALLY SMALLER OR NEWER ONES OFFER:

- **AFFORDABLE PACKAGES**
- **PROMOTIONS**
- **PAYMENT PLANS**
- **EDITING BUNDLES**
- **COACHING OPTIONS**
- **STARTER PUBLISHING SERVICES**

BEFORE ASSUMING YOU CAN'T AFFORD IT, COMPARE, RESEARCH, AND ASK QUESTIONS.

WHY NOT INVEST IN SOMETHING THAT:

- **BUILDS YOUR BRAND**
- **HELPS OTHERS**
- **LEAVES LEGACY**
- **CREATES INCOME**
- **ESTABLISHES AUTHORITY**
- **OPENS DOORS**
- **BIRTHS PURPOSE**

YOUR SELF-HELP BOOK IS WORTH THE INVESTMENT.

CALL TO ACTION
**IT'S TIME TO SHARE WHAT YOU
KNOW...**

YOU'VE LEARNED.

YOU'VE LIVED.

YOU'VE SURVIVED.

YOU'VE GROWN.

NOW IT'S TIME TO POUR.

**YOUR SELF-HELP BOOK CAN INSPIRE, GUIDE,
EMPOWER, AND EQUIP PEOPLE ALL OVER THE
WORLD, BUT ONLY IF YOU BEGIN.**

DECLARE THIS:

**"I AM READY. I AM CAPABLE. I AM CALLED.
MY WISDOM WILL HELP CHANGE SOMEONE'S LIFE."**

START OUTLINING.

START WRITING.

START SHAPING YOUR MESSAGE.

YOUR EXPERIENCE IS SOMEONE'S ANSWER.

YOUR STEPS ARE SOMEONE'S STRATEGY.

YOUR HEALING IS SOMEONE'S BREAKTHROUGH.

START NOW.

HOW CAN WE HELP YOU?

LADY B. WRITES LLC

FOR OVER 11½ YEARS, WE'VE HELPED CHRISTIAN AUTHORS, LEADERS, AND VISIONARIES CREATE THE BOOKS GOD PLACED IN THEIR SPIRIT, INCLUDING SELF-HELP WORKS, COACHING-BASED BOOKS, AND TRANSFORMATIONAL GUIDES.

WE OFFER:

- SELF-HELP BOOK GHOSTWRITING
- CONTENT & OUTLINE DEVELOPMENT
- BOOK COACHING
- PROFESSIONAL EDITING
- PUBLISHING SUPPORT
- STRATEGY SESSIONS
- WORKSHOPS & CLASSES
- BRANDING & AUTHOR DEVELOPMENT

WE WOULD LOVE TO SERVE AS YOUR BOOK MIDWIFE AND HELP YOU BRING YOUR MESSAGE TO LIFE.

 WEBSITE: WWW.LADYBWRITES.ORG

 PHONE: 470-677-4962