



## Daily Writing Resilience: 365 Meditations and Inspirations for Writers (Paperback)

By Bryan E. Robinson

Llewellyn Publications,U.S., United States, 2018. Paperback. Condition: New. Language: English . Brand New Book. Whether you re a seasoned author or an aspiring scribe, chances are you ve grappled with your share of rejection, setbacks, and heartbreak. However, literary agents say the number one key to writing success is perseverance in the face of disappointment. Daily Writing Resilience provides advice, inspiration, and techniques to help you turn roadblocks into stepping-stones. You ll find tips and support through exercises such as meditation, breath work, yoga, stress management, gratitude, decluttering, sleep, exercise, mindful eating, and more. These 365 meditations will help you navigate the ups and downs of your writing life, creating positive habits that will guide you toward a more rewarding practice.



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