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The Introduction can contain a brief summary of the post or it can link to the post. How to Overcome Writer's Block If you've ever been afflicted with writer's block, you'll know it's no laughing matter — it can impede your writing for days, weeks, or even months. And while it's tempting to just ignore the problem and hope that it goes away, writer's block is one of those pests that requires active extermination. Some writers have what I call the "Writer's Blues," which are little more than mood swings. They're caused by hormones, stress, tension, lack of sleep, bad coffee, or any of the million other things that can throw your body out of whack. You can't just sit back and hope that everything will get better. You have to do something about it. How To Overcome Writer's Block - Immediate Relief If you feel yourself slipping into the "Writer's Blues," don't despair. I have a remedy for you. It's an old-fashioned cure that has stood the test of time. All you have to do is give yourself plenty of time to write, take a cup of coffee, grab a pen and paper, and get ready for this healing therapy. This is the treatment: You need to get your butt in that chair and write something — anything! You can write about getting writer's block. Make up a story about it. Plot out your next book (even if you're not writing one). Any kind of writing will do at this point because it's the act of putting words on paper that will begin to ease the "blues. Just Write Whatever Comes To Mind. You won't want to think about it anymore. Quickly, the ideas will begin to pour out of you, and you'll find yourself with loads of new ideas for your next book. The words will be flowing all along with nothing holding them back! You can relax, smile, and enjoy this extraordinary experience because now that you're free of the writer's block blues, there's no stopping you! After a few days or a week or even a couple of weeks, go back to that chair again and write something. You'll be surprised at how much has come out of you in a short time. Be patient, and it will all work out just fine. And a special note of encouragement: Don't give up on yourself! You can do this!" Lorraine M. López-McKee, author How To Overcome Writer's Block - Long Term Solutions One of the most frustrating problems a writer can face is writer's block. It seems to strike for no reason and no apparent cure is in sight. Some writers slip into a writing slump while others become stuck while writing a particular scene or chapter of their book, no matter how often they go back to revise it.

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