



DENNIS PALUMBO  
*Foreword by Larry Gelbart*

# Writing from the Inside Out: Transforming Your Psychological Blocks to Release the Writer Within

*Dennis Palumbo*

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# Writing from the Inside Out: Transforming Your Psychological Blocks to Release the Writer Within

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## Writing from the Inside Out: Transforming Your Psychological Blocks to Release the Writer Within

Dennis Palumbo

"Dennis Palumbo has great insight into a writer's psyche.... Every writer should have a shrink or this book. The book is cheaper."

--**Gary Shandling**, actor, comic, and writer "wise, compassionate, and funny..."

--**Aram Saroyan**, poet and novelist

"Dennis Palumbo provides a sense of community in the isolation of writing, of knowing that we are not alone on this uncharted and privileged journey. He shows us that our shared struggles, fears, and triumphs are the very soul of the art and craft of writing."

--**Bruce Joel Rubin**, screenwriter, GhostandDeepImpact

Writer's block. Procrastination. Loneliness. Doubt. Fear of failure. Fear of rejection. Just plain...fear. What does it mean if you struggle with these feelings on a daily basis? It means you're a writer. Written with a unique empathy and deep insight by someone who is both a fellow writer and a noted psychotherapist, *Writing from the Inside Out* sheds light on the inner life of the writer and shows you positive new ways of thinking about your art and yourself. Palumbo touches on subjects ranging from writer's envy to rejection, from the loneliness of solitude to the joy of craft. Most of all, he leads you to the most empowering revelation of all that you are enough. Everything you need to navigate the often tumultuous terrain of the writer's path and create your best work is right there inside you.

## Writing from the Inside Out: Transforming Your Psychological Blocks to Release the Writer Within Details

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# **From Reader Review Writing from the Inside Out: Transforming Your Psychological Blocks to Release the Writer Within for online ebook**

## **Louise Mathewson says**

I loved this book!! I am going to go back and jot each thought I want to remember from the first few chapters. Chapters are short and to the point. He wrote for Welcome Back Kotter and is a psychologist who works with writers, etc. It was very helpful to me as a writer!!

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## **Jenny says**

Tää ei ollut tavanomainen kirjoitusopas, vaan pohdiskeli enemmän kirjoittajan elämää ja sitä, mikä auttaa ja estää kirjoittamista. Tyyppi on kirjoittajiin erikoistunut psykoterapeutti, jolla on takanaan tv-käsiskirjoittajan ura, ja huomiot, ohjeet ja potilaskertomukset ovat tarkkanäköisiä. Alaotsikko on varmaan jonkun markkinointiheebon keksimä, sillä pikemminkin kirja käsittelee kaikenlaisia teemoja liittyen kirjoittamisen psykologiaan kuin sitä, että miten kirjoittajaksi tullaan psykologisten ongelmien kautta. Hyvin valaisevaa luettavaa.

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## **Frank Pray says**

Useful. Written with compassion, and from a perspective of having personally been there. Palumbo reminds the writer of the "why" of writing, and invites renewal and grounding in that core love.

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## **Mark says**

This is one of the most positive books on writing I've read since Natalie Goldberg's WRITING DOWN THE BONES. It's not a "getting writing again" program. It's not an inspiration handbook. It's not a how to book on being a writer at all. The author is a successful screenwriter turned therapist for writers and the book is essentially therapeutic advice and professional experience for any and all writers. It's 242 pages of reassurance without ever being coddling, placating or condescending. He knows what writers go through so he knows how to address these issues. He doesn't let the writer off the hook, but he practices and preaches gentleness. The chapters are short and well crafted so it's reader friendly. It really resonated with me and actually lit a fire under me to get writing again.

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## **Gladys Landing-Corretjer says**

**Writing is Life in paper**

The most important thing about the book is that breathes life, with its ups and downs, joys and struggles. Writing technique can be learned. Creating vivid characters, and sensible sentences with correct grammar can be learned.

Life is life given by your Creator, lived by you as you choose. If you choose to write read this book.

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### **Therese Gilardi says**

i love the way this book is divided and how the therapist/writer pulls no punches. he uses real case studies and does not shy away from addressing the fundamental truths of the writing life, not the least of which is his belief that the writer is only in competition with himself. a refreshingly honest read.

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### **Ietrio says**

Van Gogh was not a writer. And Palumbo never met him. But who cares? After all it's a book about the people who make up stories.

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### **Julie says**

Most writers are sensitive by nature, and can use this encouragement from someone who understands. This book is very therapeutic, and certainly cheaper than paying for your own psychiatric sessions. Mr. Palumbo has a deep understanding of the psychological struggles writers face as they attempt to tap into their creativity, then offer it to a fickle, often far less intelligent world of consumers to reject. I like how he notes that many writers are stunned that works they thought were less valuable got published, while what they considered their "masterpieces" often garnered no interest. This book may not help you get unstuck from the muddle in the middle of your novel, but it will help you not to be so self-recriminating about it. The point is you have to love your own writing, even if no one else appreciates it.

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### **Lorraine Haataia PhD says**

Stressed out because you haven't written as much as you wish you have by now? Feeling like you've failed when it comes to your writing? Out of ideas? Then you must lie down and savor the comforting stories and words of psychotherapist Dennis Palumbo. After you read this book you'll enjoy more pleasure in your own process of writing and you'll be more accepting with the connections between the characters in your life and the stories you put down on paper. But more importantly, you'll have less stress about what you wrote yesterday or today and more comfort knowing that you're a writer for life. That's the way it is. Your job as a writer is to write every day and persevere. It's unnecessary to fear what others will think and there's no need to stress out about whether or not your words are good enough for others. Writing, Dennis says, is "the daily practice of the art of being yourself, and the ultimate pathway to the awareness that you--just as you are--are enough." So go write!

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## **Ethan says**

Short, sweet and extremely helpful. Not a "how-to" but a "how to be". An encouraging and quick read. I'll be sure to pick this up again and again when the road becomes difficult!

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## **Drew Constance says**

This book was freaking amazing. It has to be hands down one of the best books about writing I have ever read. I enjoyed it so much, that it scared me. Why? It is a different writing books from the ones I usually read [and I read a lot, and will continue you too] it scared me also because there were times when I thought, I wonder if I will read another book on writing again after I read this.

It was powerful, and present, even though it was published [at least my edition] 14 years ago. The issues that all creative folk, especially writers deal with was brought up without sugar coating, and yet Denis still nurtured the human conditions that we all have experienced, and brought to my attention a lot of issues I had been working through in therapy, and in my own writing for most of my adult life.

What I found resonated with me the most was the psychological factors that Denis uncovered throughout the book. I had often brought them up in my mind, yet never really looked at them. It was confronting to read them, but freeing when I finished the book. It left me confident that yes I am going to have ups and downs, good times in the industry, and downers. Yet my passion is writing, and I am in it for the long haul.

Part validation, part fascination I am glad I picked up this book, and will be purchasing it for myself asap. It is a life time keeper.

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## **John Doyle says**

Palumbo is a "successful" writer from a commercial perspective and a therapist who specializes in helping other writers understand and cope with the torment of the writer's life. His advice for writers is familiar to anyone who has felt inadequate relative to the demands of a vocation. Embrace the struggle, stay true to yourself, persist and explore the suffering as a source of inspiration. One clear takeaway is that real writers get super annoyed by the rest of us saying we want to write a book someday. As if the only distinction between any of us and a professional writer is enough "free" time to put pen to paper.

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## **Barbara says**

I always recommend this book to my students. Palumbo is a former screenwriter who now has a psychotherapy practice in Los Angeles and works with creative types with blocks or worries of the creative sort. My students love this book.

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### **Beth says**

I've been reading bits and pieces of this book for over a decade. More is the pity. If I'd read it straight through when I first bought it, I'm convinced I'd have been a more productive writer these last ten years. This book is full of gorgeous nuggets of wisdom from the author who acts more as shrink than fellow writer, which I appreciate. Perhaps the piece of advice that most resonated for me comes near the end when he points out that there is really nothing special about you and your writerly angst: all writers have to face the room alone, face the frustration, the self-doubt. What I particularly like about the book is that you can pick it up and flip to any part and find some line or paragraph there that will force you to address your own whining about how hard it is to be a writer. Perhaps this isn't fair, but I gave it 4 out of 5 instead of 5 because it focuses too much on screenwriting and life in Hollywood and because the very end has "case studies" of clients with writing problems that are a composite (or fabrication), and it just doesn't sound the same as the rest of the book.

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### **Ariel Spengler says**

I think this book would be great to pick up and read when you're struggling with beginning your writing or stuck somewhere in the middle. Otherwise, the information inside was a little common sense and not helpful for someone without a writing project they're struggling with. It was also very heavy on screenwriting examples, which isn't something I'm dealing with.

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