



# Relaxing the Writer: Guidebook to the Writer's High

*Amber Polo*

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## **Relaxing the Writer: Guidebook to the Writer's High** Amber Polo

"Relaxing the Writer: Guidebook to the Writer's High" by Amber Polo provides a travelogue of hints, exercises, and whimsical side trips to help the stressed writer breakthrough the physical and mental limits to creativity. From aromatherapy to zumba, find hundreds of practical ideas and suggestions. Written with the special needs of writers in mind, anyone who spends time in a chair will discover useful tips to escape the dangers of sitting. Suggestions range from centuries-old techniques like meditation and yoga to iPad apps. Browse a smorgasbord of suggestions. Every page inspires worried writers to explore new ideas to de-stress their lives.

## **Relaxing the Writer: Guidebook to the Writer's High Details**

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# From Reader Review Relaxing the Writer: Guidebook to the Writer's High for online ebook

## Kai says

Relaxing the Writer is a very good reference book on how to relax our body and mind. It also gives a lot of techniques on stretching and relaxation techniques from sitting and to take a break.

I like the book every much since it came with a CD for meditation and a demo CD on how to massage the hand.

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## Juli says

This book is really helpful. I read it a lot because I'm quite prone to writers block. Luckily, though, I got this book, because it has helped me a lot. I would recommend this book to any aspiring writer.

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## Amber Polo says

I hope this helps a lot of writers and readers, too. We all spend so much time sitting.

Advance Praise by Writers & Writing Teachers for  
Relaxing the Writer: Guidebook to the Writer's High

"... high on my list of recommendations to my readers and clients whose creative juices are running low."  
~ Carolyn Howard-Johnson, novelist, poet and author of the multi award-winning HowToDoItFrugally series for writers.

"Relaxing the Writer is packed full of easy-to-do relaxation tips, not just for writers -- but also for people who work every day with their hands. You'll be recommending this book to your friends and associates!"  
~ Kari Thomas, award-winning paranormal romance author.

"Authors, have you watched yourself write? Quit looking like Quasimodo; Relaxing the Writer is an enlightening must-read for writers at all stages of their careers."  
~ Rowena Cherry, winner of the 2010 E.P.I.C. Award "Friend of ePublishing"

"Even before putting the abundant new relaxation ideas into practice, I feel healthier every time I read this book. Imagine half a dozen expert sessions with various counselors, all gathered into one guidebook. This is an amazing value!"  
~ Laurie Schnebly Campbell, writing teacher (online & live), and author of Believable Characters.

"Bridging the mind-body connection, Amber Polo's Relaxing the Writer treats the whole writer, providing specialized relaxation techniques for increased health and enhanced creativity. A must-have for every writer's how-to bookshelf."  
~ Kris Neri, Lefty Award-nominated author of High Crimes on the Magical Plane and co-owner of The Well

Red Coyote bookstore.

“This guidebook is chock-full of excellent tips to create the perfect writing storm. By optimizing the writing environment and the writer’s inner space, stress and tension are released, opening many creative doors.”

~ Maggie Toussaint, award-winning author

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## **Tami says**

A relaxed writer is a creative writer. It’s common sense really. How do we expect to have and keep that flow when we are stressed out, uncomfortable, and distracted?

Relaxing the Writer looks at things that writers can do to reduce their stress so we can get those creative juices flowing. The book looks at things like where we are writing to see if that really is the best place and how to make that space more suitable to the task. There are also some really good exercises that can be done throughout the day to release tension and stretch out tight muscles.

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