



# Writing Down the Bones: Freeing the Writer Within, 2nd Edition

*Natalie Goldberg*

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## **Writing Down the Bones: Freeing the Writer Within, 2nd Edition** Natalie Goldberg

For more than twenty years Natalie Goldberg has been challenging and cheering on writers with her books and workshops. In her groundbreaking first book, she brings together Zen meditation and writing in a new way. Writing practice, as she calls it, is no different from other forms of Zen practice —"it is backed by two thousand years of studying the mind."

This new edition, which marks almost twenty years since the original book's publication, includes a new preface in which Goldberg expresses her trademark enthusiasm for writing practice, as well as a depth of appreciation for the process that has come with time and experience. Also included is an interview with the author in which she reflects on the relationship between Zen sitting practice and writing, the importance of place, and the power of memory.

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