



# Wild Mind: Living the Writer's Life

*Natalie Goldberg*

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## **Wild Mind: Living the Writer's Life** Natalie Goldberg

Natalie Goldberg, author of the bestselling *Writing Down The Bones*, teaches a method of writing that can take you beyond craft to the true source of creative power: The mind that is "raw, full of energy, alive and hungry."

Here is compassionate, practical, and often humorous advice about how to find time to write, how to discover your personal style, how to make sentences come alive, and how to overcome procrastination and writer's block -- including more than thirty provocative "Try this" exercises to get your pen moving.

And here also is a larger vision of the writer's task: balancing daily responsibilities with a commitment to writing; knowing when to take risks as a writer and a human being; coming to terms with success and failure and loss; and learning self-acceptance -- both in life and art.

*Wild Mind* will change your way of writing. It may also change your life.

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