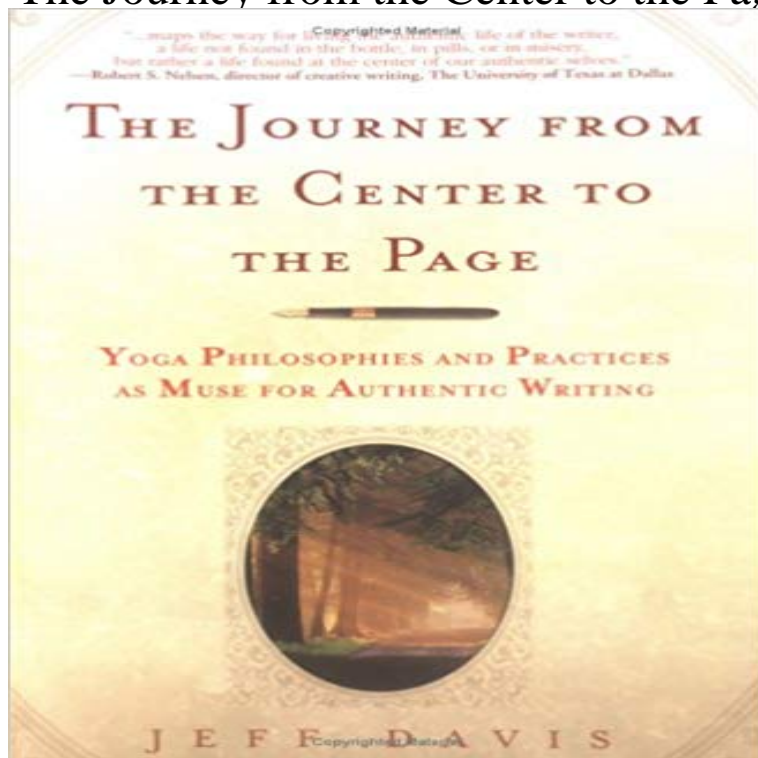


The Journey from the Center to the Page



The first book to show how yoga can help create better writing, with invigorating postures, breathing techniques, and wisdom for wordsmiths of any level. Combining the enlightened perspective of Natalie Goldberg's *Writing Down the Bones* with the gentle practical advice of Anne Lamott's classic *Bird by Bird*, nationally known yoga and writing instructor Jeff Davis shows how yoga principles and myriad tools can help writers deepen their writing process, become more versatile, and enrich their writing style. Demonstrating the link between the mind/body/imagination, *The Journey from the Center to the Page* is ideal for writers seeking to:

- o Overcome writers block as well as develop more concentration, focus, and a grounded sense of self-discipline
- o Convert negative emotions such as anger, fear, and hatred into powerful storytelling energy
- o Increase awareness of the copious imagery presented in daily life and help turn it into powerful metaphors and descriptions
- o Cultivate compassion to create complex characters
- o Practice truthfulness in writing by finding an authentic, clear voice and creating authentic characters and dialogue

The Journey from the Center to the Page is for a wide audience: novelists, memoirists, poets, screenwriters, journalists, copywriters, English teachers, technical writers, or anyone who simply enjoys the power of the written word. Ultimately, it is a book for all those who hunger for renewed inspiration and a fresh focus in each of life's chapters.

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