



## GET IT OUT

By Tara Y. Coyt

Did you know that 81% of the population feels they have a book inside them? If you put 10 people in a room, at least 8 of them will admit they've thought about writing a book. That means most of us feel like we have something to say - an experience, knowledge, thoughts or feelings that will benefit others.

Now here's the rub: most of us take it to the grave. We keep all those wonderful thoughts and experiences to ourselves; never sharing them with the rest of the world. Instead we spend our lives thinking about it and talking about it, but we never doing anything to make it happen. What a waste.

What's the point of thinking and feeling if we never release it to the rest of the world?

Think about this for a moment: Is there a book that changed your life - helped you perform better at work; helped you overcome a personal problem or just made you feel good? Imagine if that book was never written? Imagine that the author said, "Never mind." Where would you be?

If writing a book can change one person's life (even if it's your own), isn't it worth it?

Spencer Johnson had no way of knowing that his 95 page book, "Who Moved My Cheese" would become a best-seller, but he wrote it anyway. When Ken Keyes wrote "Handbook to a Higher Consciousness", I was just 12 years old, but thirty years later it changed my life. And Agatha Christie had no way of knowing that her mystery novels would intrigue a 12-year old Black girl in Cleveland, Ohio, but they did.

I did a little research and discovered that less than 10% of the people who say they want to write a book ever does something about it, which makes me wonder, "What stops us from doing what we want?"

Excuses. There's an anonymous quote that says, "Excuses build bridges that lead absolutely nowhere." Well, I've heard plenty of excuses - mine and others: "I don't have time; No one wants to hear my story; I don't know where to start. I'll get to it later." Whatever your excuse, the result is the same - NOTHING. As long as our energy is spent making excuses, nothing will get written and you'll never reach the goal of writing a book.

If that's not the future you want, then make the decision to stop making excuses and start writing. It's like that famous Nike ad, "Just do it." If you want to write a book, then do it. Yeah, I know, you don't have time. Don't you think that crossed Senator Barack Obama's mind before he wrote, "The Audacity of Hope"? Yet amidst campaigning, speaking, traveling, being a husband and father and fulfilling his senatorial duties he carved out time to write a 320 page book. If he can do it, surely you can spare an hour a day to write your book. That is, if you really believe you "have a book inside you".

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If time is an issue (it is for me) then find ways to save time. Get up an hour earlier; stay up an hour later; give up an hour of watching television; or write during your lunch hour - but only if writing a book is important to you.

Surround yourself with people who support your goal of writing a book - family, friends or other writers. Connect with people who have already become published authors - attend book signings. Join a writer's group - Atlanta has several of them: the Georgia Writers Association, the Atlanta Writers Club, The Village Writers Club and the GET IT WRITE Author's Circle.

If you need support and accountability, but joining a group doesn't appeal to you, then find an author coach, book coach or book consultant.

If you really want to write a book, don't let anyone or any excuses get in your way (unless of course you'd rather build a bridge that goes absolutely nowhere.)

*Producing marketable books is a no-brainer, with The Write Author Coach on your team. Much more than just a writing coach, Tara leads authors to profitable publishing, marketing and distribution decisions. Her in-depth knowledge of the publishing industry coupled with strategic planning, marketing and creative writing skills make Tara Y. Coyt, The Write Author Coach.*

*Schedule your complementary consultation by calling: 404.441.0883 or visit [www.TheWriteAuthorCoach.com](http://www.TheWriteAuthorCoach.com)*

Get Help. Get Focused.



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