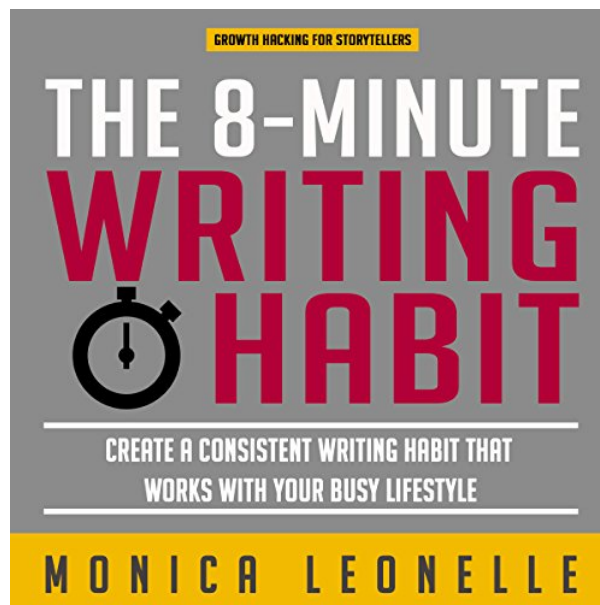


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THE 8-MINUTE WRITING HABIT

CREATE A CONSISTENT WRITING HABIT THAT
WORKS WITH YOUR BUSY LIFESTYLE

MONICA LEONELLE

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Ready to establish a consistent writing habit, once and for all?

Monica Leonelle digs into the best literature on forming habits and shares the top strategies professional authors are using to make sure they write each and every day. Each tip is easy to implement and will get you writing more in the "in-betweens" - the inactive moments of your life where you are commuting, waiting in line, or otherwise physically stuck with your brain unoccupied!

If you've struggled to find time to write due to a day job, family, or an active, busy lifestyle, this book will help you clear your blocks around writing for good and get you writing more often, just a few words at a time.

For writers who still haven't found their rhythm and don't have time for long experiments, tracking spreadsheets, or full pomodoros - establish a writing habit that actually fits into your life!

Bonus: This book includes the full 8x8 Challenge: Eight days to implement the very best shortcuts to writing more, eight minutes at a time! Get access to the live version and do the challenge with Monica herself.

- Sales Rank: #6783 in Audible
- Published on: 2016-01-15
- Format: Unabridged
- Original language: English
- Running time: 117 minutes

Most helpful customer reviews

44 of 45 people found the following review helpful.

The productivity hack to finish your book

By Kindle Customer

I liked "Write Better, Faster" but the advice in it never really clicked with me. Meanwhile, as work picked up, I allowed myself to fall out of the habit of writing daily. The result: I'd only written on two days since March. I was intrigued by the title when Monica announced it, so I gave it a shot.

The 8-Minute Writing Habit is broken into three parts. The first part talked about "author blocks," the psychological triggers that are making you procrastinate. I'm not sure that these affect everyone that struggles to write, but they were interesting to read. The second part discusses strategies to help get into the habit of daily writing. The final part walks you through an 8 day trial to get into the habit of writing everyday, even if for just 8 minutes.

In case you think that 8 minutes isn't enough time to get anything accomplished, in my first day, I wrote 244 words in that time where I was only averaging about 700 words per hour with longer blocks of time.

****UPDATE****

I wanted to add to this review after completing the 8x8 8 Minute Writing Habit Challenge at the back of the book. I've written more in the last 2 weeks than I have in the previous 6 months. Monica Leonelle is definitely getting a mention on my acknowledgement's page.

13 of 13 people found the following review helpful.

Great Idea and Motivation

By MVF

I am always looking for a way to write, to work through those things that stop me-- and a quick read, like ordering a cup of coffee--but like a very good cup of java, one has to put the work into it.

I read the book first—then I listened to it. The narrator is Cindy Piller; her style was crisp and light--listening to audio is much like drinking wine—there are so many levels and flavors. This particular audio—inspired me even more!

Monica Leonelle is inspiring and has put the work into it--I've read her book on how she wrote faster she states she's on point to publish 17 books this year! (My jaw hit the ground). At this point I'd like to finish one or two!--this Book, the 8 min writing habit is geared for working people, and those with crazy lives. How do you write when there seems to be NO time. She introduces the 8 minute challenge.

If you're like me—I was like hmm....can I really find 8 minutes? I can barely scratch out a few sentences in five minutes. She has an answer for that.

Be creative and recognize what blocks you.

Now I'm going to being cagey here—why, because I want YOU to listen to this book. I want YOU to discover what works for you and what may be stopping you. I will say this—the next part of writing 8 minutes a day is WHEN you write it. Let your writing be the FIRST thing you do in the day—and hopefully this small success will snow ball, and you'll be inspired to do more.

I agree. (It's worked for me!)

This audio is fantastic—and quick, especially when you are busy—and don't have time to read it—but I suggest also getting the ebook so you can read it, and take notes. The ideas are easy to implement (and some of them take you out of your comfort zone)—but well worth the result. And you don't have to do them all—find the ones that work for you. I've already told you mine: Write first thing. Something any writer has been told—but a good reminder.

Me, I'm going to listen again—

And get to writing.

Again I highly recommend this book—(and really, after you read and listen more than once) you'll want to check out her other books.

12 of 12 people found the following review helpful.

Finally got me writing

By Lia

I've read tons and tons of writing books thusfar, but so far managed to write the grand total of exactly zero books (yeah, I know... go me). I decided to pick up 8 minute writing habit, because of the title and the synopsis. 8 Minutes just seemed like a manageable thing to do.

No, I haven't started the 8x8 Times Challenge yet, but from the moment I finished this book I did write for a solid ten minutes every day, be it a journey entry, a story idea or an idea for a scene. That may not seem like much, and it certainly hasn't add up to a novel or even a fleshed out outline, but it's a lot more than I have managed to do in the last couple of years, so to me it's worth everything.

I quite like Leonelle's writing style, which is clear and concise. I will definitely pick up her new outlining-book which will be out somewhere in October, I believe.

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