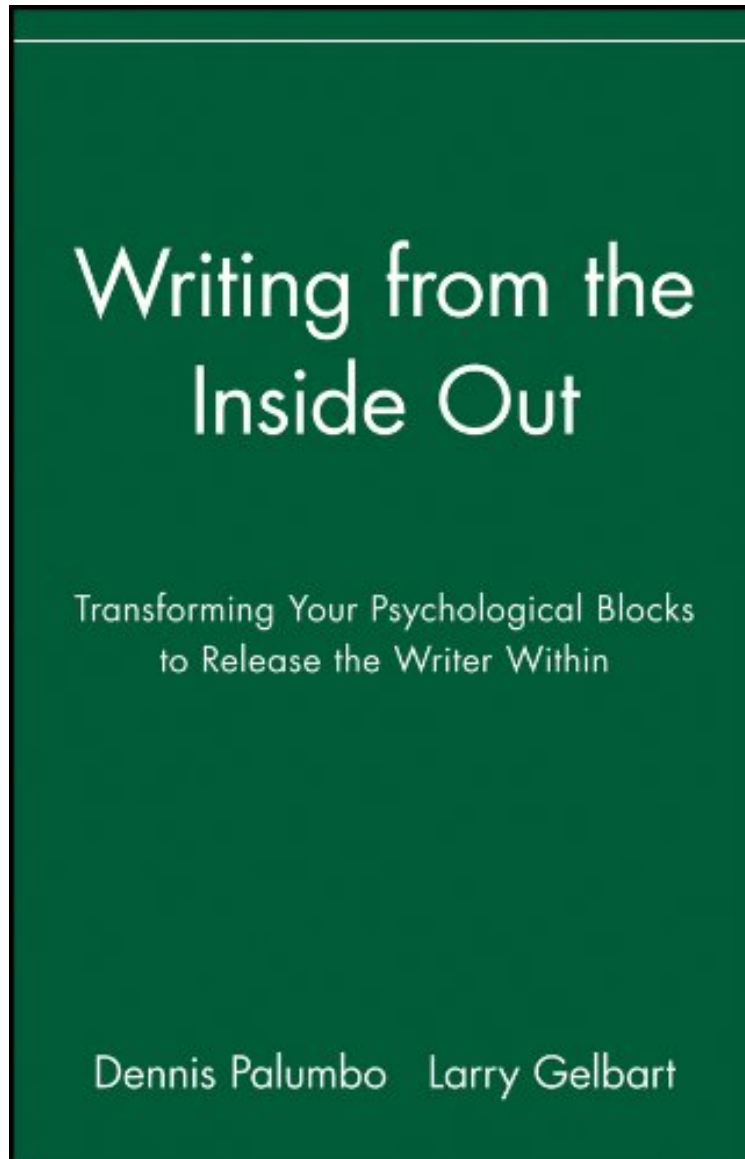


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## Writing from the Inside Out: Transforming Your Psychological Blocks to Release the Writer Within

*Von Dennis Palumbo*  
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**Von Dennis Palumbo : Writing from the Inside Out: Transforming Your Psychological Blocks to Release the Writer Within** before purchasing it in order to gage whether or not it would be worth my time, and all praised Writing from the Inside Out: Transforming Your Psychological Blocks to Release the Writer Within:

KundenrezensionenHilfreichste Kundenrezensionen2 von 2 Kunden fanden die folgende Rezension hilfreich. Just a really helpful book.Von Ein KundeI wrote a review before, but it did not appear here. I've also reviewed it here in the U.S. It helped me immensely with my writing, and with facing down my fears around writing. Buy it, or get it at the library, it will help you too.

Kurzbeschreibung"Dennis Palumbo has great insight into a writer's psyche.... Every writer should have a shrink or this book. The book is cheaper." Gary Shandling, actor, comic, and writer "wise, compassionate, and funny..." Aram Saroyan, poet and novelist "Dennis Palumbo provides a sense of community in the isolation of writing, of knowing that we are not alone on this uncharted and privileged journey. He shows us that our shared struggles, fears, and triumphs are the very soul of the art and craft of writing." Bruce Joel Rubin, screenwriter, GhostandDeepImpact Writer's block. Procrastination. Loneliness. Doubt. Fear of failure. Fear of rejection. Just plain...fear. What does it mean if you struggle with these feelings on a daily basis?It means you're a writer. Written with a unique empathy and deep insight by someone who is both a fellow writer and a noted psychotherapist, Writing from the Inside Out sheds light on the inner life of the writer and shows you positive new ways of thinking about your art and yourself. Palumbo touches on subjects ranging from writer's envy to rejection, from the loneliness of solitude to the joy of craft. Most of all, he leads you to the most empowering revelation of all that you are enough. Everything you need to navigate the often tumultuous terrain of the writer's path and create your best work is right there inside you.

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Synopsis An engaging and insightful book that helps writers navigate the psychological issues of creative writing Based on Dennis Palumbo's overwhelmingly popular "The Writer's Life" column, which appears in the journal of the Writer's Guild of America, this well-written collection sheds light on the sometimes arduous process of writing, along with the mental life of the writer. From writer's block and jealousy to finding inspiration and dealing with rejection, Palumbo covers the most common psychological issues faced by writers of all kinds. Written from the perspective of a successful writer, psychotherapist (whose clientele is made up primarily of writers), and practicing Zen Buddhist, these pieces warmly convey encouragement, inspiration, and solid advice to help both experienced authors and novices navigate the sometimes tumultuous terrain of writing. Dennis Palumbo (Los Angeles, CA) is a licensed psychotherapist, specializing in creative issues. He has been a screenwriter, most notably of the award-winning film, My Favorite Year, and has written numerous series episodes and pilots for television, as well as a novel, City Wars.Palumbo has been a columnist for the LA Times and Emmy magazine. His popular "The Writer's Life" column appears in Written By, the Journal of the Writers Guild of America.