

### How Will You Write

Write an overview	Start with an outline of the chapters and key points for each chapter
Write by inspiration	Simply sit and write
Write from a detailed plan	Use a planner to dig out the details of what will be in each chapter indepth
Write from a mind map	Mindmap your ideas, and remove any limitations of thinking
Work with someone	Find yourself a writing partner, author coach or mentor or find a ghost writer to do the writing

Each person has a different way of approaching writing their book and you should feel free to find the method that works best for you. Starting with an overview is helpful so you know what you are building, but some like to simply follow the voice inside and be led instinctively.

### 3 Parts of a Reaction

Feeling	"A bolt of raw adrenaline shot through her veins."	You show this first, because it happens almost instantly.
Reflex	"She jerked the rifle to her shoulder . . ."	You show this second, as a result of the fear. An instinctive result that requires no conscious thought.
Rational Action and Speech	". . . sighted on the soldier's chest, and squeezed the trigger. 'Die, you bastard!'"	You put this last, when the character has had time to think and act in a rational way. She pulls the trigger, a rational response to the danger. She speaks, a rational expression of his intense emotional reaction.



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