**Moo of Writing: a guide for creative writers, second edition**

Book description:

‘Moo of Writing: a guide for creative writers’ brims with self-affirming information that reaches deep. A recent surge in studies on the sources of creativity supports the processes Nan Lundeen recommends: exercise, relaxation, and meditation spiced with a liberal dose of freewriting.

Discover how to unmask your hidden fears; create a freewriting habit loop that will help you find time to write; stay grounded and consult your belly wisdom; and stay safe in the publishing world. Writing tips, writing exercises, and meditations round out this inspirational book.

This second edition builds upon the foundation of Nan’s first edition that won a finalist spot in the 2017 Next Generation Indie Book Awards and the 2016 National Indie Excellence Awards, writing and publishing category.

Says UK *Writing Magazine* Tutor Sue Johnson: ‘Moo of Writing*’* has an important place on my bookshelf. I have three words on my desk as a reminder – *walk, meditate, write.*

There is never enough time, so I make the most of every spare minute to relax and let the words flow.