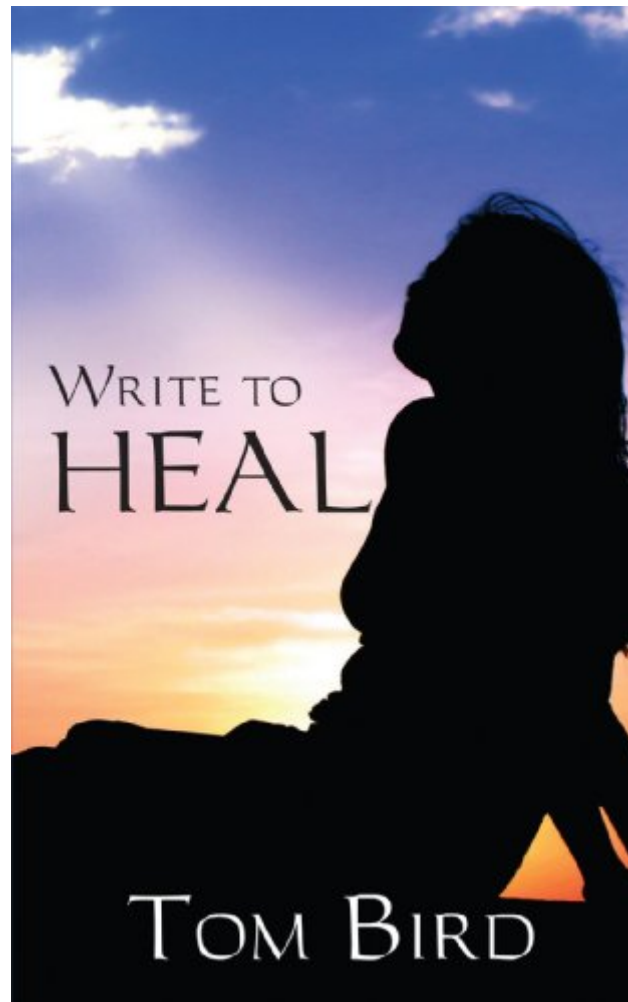


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# Write To Heal



## Synopsis

In this inspiring book, based on his many years of research, highly acclaimed author and teacher Tom Bird reveals the healing power of writing. Tom shows how anyone can use writing as a way to heal the emotional and physical wounds that are an inevitable part of life. Just writing can bring about a tremendous personal transformation, clearing away old doubts, fears and debilitating issues.

## Book Information

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## Customer Reviews

One might not think that such a short book could offer such a wealth of information for writing and as a result personal healing!!The first time I read this book was right before I attended a Write Your Book in Five Days retreat with Tom Bird in Sedona, Arizona.This book had assignments, needing free-flowing ink pens, paper, CD's that were included to download and listen to, answering tough questions, digging deep into my spirit. What??Well...this book helped me in such a profound way HEAL some old wounds that I thought were dismissed. Then when I moved forward after this 'healing', I wrote my book: Transitions: A Nurse's Education about Life and Death. It poured out of

me!! Yes in five days!!Want to write your book? First!!! Buy this book and then find Tom Bird!!

This short book is a cheap way to psychoanalyze oneself toward success. The author Tom Bird believes that each of us has a book in us that could be self healing if written...and that we all can and should write it. The truth is that following the instructions in this book can heal the psyche. The exercises are deep and powerful when the reader follows instructions. The world would be a different warmer adventure if everyone experienced this book. Its principles should be utilized in every high school writing class to make college and all of life easier. Joan MacReynolds

I first had the pleasure of reading an early draft of this book before one of Tom's stay-at-home retreats. At the time I was in a pretty sorry state, emotionally. Frankly, it felt "normal" for me to feel like I did - full of judgments, for mostly myself. One of the exercises in this book requires you to stand in front of a mirror, and look yourself in the eyes. I couldn't hardly do it, my eyes looked so dead one time - so pained another. It was frightening. Doing all the exercises in the book was a time-consuming venture for me then. But so very worthwhile. And looking back I can see that I might not have been able to connect to my Higher Self without the healing that occurred because of this little gem of a book. Because healing DID occur, I DID connect to my Higher Self, and I DID go on to write and publish a novel that helped me to heal even further! When I revisited Write to Heal, I was amazed. Why? Because I'm a completely different person, now, than I was then. And I know this book had a lot to do with that feat. The only other thing that may be more important was the actual writing of my own novel, Portraits: A Metaphysical and Spiritual Mystery and Romance, Set in the Magical Desert Southwest, and what the story taught me. Truly a highpoint in my life.

Just a short note so far....I downloaded this to my Kindle Paperwhite and had no trouble adjusting the text size. Not only is the type more than large enough to read, but there is a 1.5 line spacing, which also makes it easy to read. For those who are having trouble with font size -- maybe the type of Kindle makes a difference? I honestly don't know....

I had the good fortune to read Write to Heal twice. The first time I spent a week doing the clearing exercises, exploring what I had to release and forgive (myself and others), so that my true Spirit would flow freely in writing and life. It must have worked because the second time I read the book, several months later, I did all of the exercises in one day and there was nothing left to release or forgive. The book offers unique free music for calming the left brain and a very healing approach to

helping a writer get in touch with his or her true voice. You'll want to read this book more than once!

Review of Tom Bird, *Write to Heal*. Sedona, AZ: Sojourn Publishing, 2013. If Tom Bird still lived in Pittsburgh and continued to work in the public relations office of the Pirates, he would still be an effective writing teacher and coach. However, he lives in Sedona and thus brings extra attention to what some call the "spiritual" aspect of life when he talks about writing. Even without a sweat lodge, he manages to inspire hundreds of people each year to "write that book." Tom's methods are well known to those who have heard him lecture or have taken one of his writing workshops in Sedona or elsewhere throughout the United States. In this short book, Tom briefly sums up his methods, with an emphasis on how writing can be a therapeutic activity. Bird believes that each person has something unique to tell the world. He says you first must remove blockages that prevent you from writing your best. Then you must create the time and space for writing, have several pens and a lineless pad of paper to free your mind from rigidity, write longhand (rather than on a word processor), write every day, write for long periods of time in order to allow your mind to get into the groove, and write fast (1500 words an hour or more!). Further research, editing, and fact checking can come later. He invites the reader to go to his website and click on "Freebies" to download the free CD, *Transitioning Back to the Author You Were Meant to Be*, which contains several exercises to help you relax and get into the groove for writing. I recommend this little book as an entry into Tom's methods for helping you to get going on that writing project that you have been thinking about. Dan Cothran, Ph.D.

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