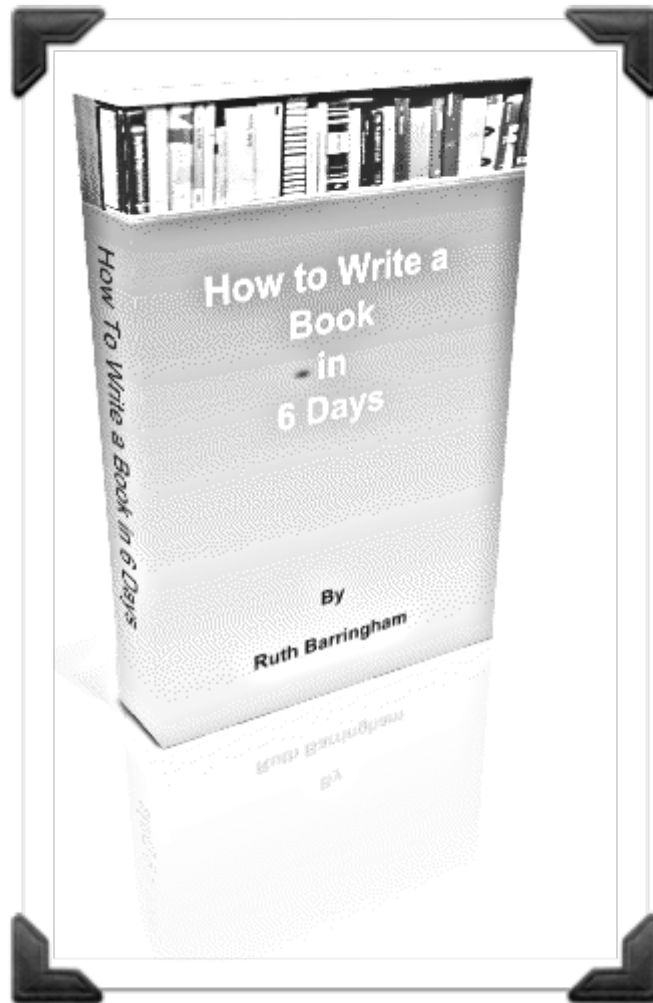


## How to Write a Book in 6 Days

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**How to Write a Book  
In  
6 Days  
By  
Ruth Barringham**

Ruth Barringham is a writer, author and publisher from Brisbane, Australia. She runs a successful website for writers at <http://RuthIsWriting.com> where you can sign up for a free writers newsletter delivered to your email inbox twice a month.

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### How to Write a Book in 6 Days

So you wanna write a book.

Not only do you want to write a book, but you want to write it quickly.

But is it possible to write a book in only 6 days?

Well they say that anything is possible, and there are other authors who have written not just books, but prize-winning books in less than one week.

Famous entrepreneur Dan Kennedy once wrote a book in only 3 days. Best-selling author Stuart Wilde wrote most of his books in only 2 or 3 days.

Dr Joe Vitale wrote his best-selling book "*Turbocharge Your Writing*" in only one day.

Sylvester Stallone wrote the script for "*Rocky*" in just 3 days. And William Saroyan wrote his Pulitzer Prize-winning play "*The Time of Your Life*" in only 6 days.

So you see not only is it possible to write a book in only 6 days, if you're really motivated you could finish it in much less time.

And if your book is good, the income from it can be phenomenal.

When Dr Joe Vitale first published his e-book, "*Hypnotic Writing*", he sold 100 copies of this \$29.95 book in only one hour. Three months later he'd earned a massive \$45,000 from this one book alone.

Top copy writer, David Garfinkel, published an e-book called "*Killer Copy Tactics*" that brought in \$35,000 in only 2 months.

So as you can see, not only is it possible to write a book in 6 days, it can also have great income potential.

### What's the Secret?

There is no real secret to writing a successful book apart from the three blindingly obvious things:

- Great Content
- Motivation
- Focus

Firstly the content of your book has to be good. This doesn't mean you have to write a huge book. No one judges how great a book is by the number of pages. They always judge it by its content.

If you're writing a fiction book it needs to elicit emotion in the reader by scaring, enchanting or moving them to a different emotional state than what they were in when they began the book.

If you're writing a non-fiction book it needs to benefit the reader in some way by providing a solution to a problem. So if they're reading your book called "*How to Build a Boat*" then they need to understand exactly how to do it by the time they've finished reading otherwise they'll feel they gained no benefit.

You also need to stay highly motivated to write a book quickly. You're going to be doing a lot of writing over the next few days, but if the motivation isn't there, you won't finish it.

We'll go into motivation more later on.

Lastly you need strong focus. Writing quickly means your attention must be riveted on what you're doing without letting yourself be distracted by anything.

And this is something else that we'll look at in more detail later.

### So How Do You Write a Book?

If you want to achieve what the title of this book offers, then you need to get yourself into the right state of mind for writing a book quickly.

Don't let yourself be overwhelmed at the thought of tackling something as big as a book length project, because you're about to learn how to write a book quickly and effortlessly.

First of all you need to understand that the book you write doesn't have to be huge. Dr Joe Vitale's book "*Turbocharge Your Writing*" was only 22 pages long. Most books, of course, are longer than this but Joe's book was successful and went on selling for years because he's a great writer and the content in his book was exactly what his readers were looking for.

And now it's time for you to write your book.

We'll start on Day One and work through step-by-step to Day Six.

Are you ready?

Then let's begin.

### Day One

The first step in writing a book is to decide what you want to write about. And this isn't as easy as it sounds.

You may already have a subject in mind but today you are going to re-think it from a different perspective.

Before you even begin to write the first word of your book you need to understand why you're writing it.

Your Focusing Statement

This is a critical step and must be taken first.

You need to understand "why" you want to write a book. Understanding "why" will be your biggest motivator of all.

Anthony Robbins (the self-help guru of gurus) talks a lot about the importance of the "why" and how it far outweighs the "how" you will get something done.

Understanding "why" you want to do something gives you a goal to aim for, which makes you feel excited and gives you the motivation you need to achieve your goal.

If the goal you have in mind doesn't excite you, then you're aiming in the wrong direction. Go back and think of the real reason "why" you want to write a book. You'll know when you've found the true reason because you'll instantly feel uplifted and motivated to get started.

So write out your true focusing statement of "why" you want to write a book:

- Do you want to make money?
- Do you want to be known as an expert?
- Do you want your book to change lives?
- Do you want your book to help you in business?
- Do you want to be a full-time author?

Whatever your reason is (and it can be more than one) for "why" you want to write a book, I do know that you want the book to change your life for the better and you think that you can do it.

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How do I know this?

Because you wouldn't have read this far unless you believe you can achieve the results you want.

Try closing your eyes and visualising your goal as already achieved. See the results of having already written your book. Feel the emotion. Can you see the change in your life?

Is it a new car? Freedom? Changing/leaving your job?

In some way (that only you know) writing your own book is the means to achieving your goal. And your "why" is your focusing statement.

So stop now and write out your focusing statement. Express your "why" and be as detailed as possible.

Don't move on until you've written your statement and you are clear about your "why". And whenever you think about your goal for writing your book (your "why") it has to make you feel excited.

### **Start Writing Your Book**

Once you've completed your focusing statement and you feel clear about what you want to do and the goal you are aiming for, it's time to start writing your book.

Today you are going to be plotting and planning your book in detail.

If you haven't done so already, you need to decide what you want to write about. If you're unsure, use your focusing statement for inspiration.

Something from your life experience could be the subject of your book such as problems you've had to deal with (emotional/relationship/financial), work/career, a hobby or even a subject you enjoy reading about yourself.

Even if you already know what you want to write about, try this anyway.

Make a list of possible books you could write. Then look at your list and pick which one you'd enjoy writing about the most. Don't confuse this decision with what you think you "should" write about.

Which one excites you the most? Go with your heart and not your head on this one. Follow your passion.



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Once you're sure - really, really sure - write down at least 10 points that you want to cover. For instance, if you were going to write a book about fitness you might list -

- What makes people unfit
- How to change your mindset
- Things you need to change in the home
- How to change your eating habits
- Foods to avoid and why
- Foods to eat more of and why
- Different types of exercise
- Exercise equipment
- Planning a daily routine
- Healthy recipes

You then need to expand each one into sub-topics.

If there is some information that you don't already have, a quick search on Google should help you find what you need. Print it off for easy reference later.

You can even use your list as possible chapter headings (with a little modification).

### **Sell Yourself**

The next thing you must do is write the sales page for your book. Really let your imagination go crazy on this one and make plenty of benefits that the reader will gain from buying your book.

Promise big. And don't worry about how you'll deliver. You can work this out later.

Just blow your own mind with how great you make your own book sound. Use it as a brainstorming session to get even more ideas for your book.

Use this exercise to really motivate yourself, so that by the time you finish writing your sales letter, you can't wait to write the book.

Outline the book's content and explain the benefits. Use plenty of bullet points to explain exactly what your book is about and the benefits it can produce.

What is your book's Unique Selling Point (USP) and how does that make it differ from similar books? And how will that benefit the reader? After doing this you may even decide to change your book's outline or add more to it.

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Remember when people read a sales pitch they're always thinking "What's in it for me?" so make sure there's plenty in it for them.

Pretend you're writing your sales page to only one reader. What is the problem they have and how will your book solve it?

Really brainstorm on this sales letter and get as many ideas for your book as you can.

You might even come up with so many new ideas that you have to write another book to fit them all in.

And when you've finished brainstorming and getting all your ideas and benefits down on paper, it's time to rest and let it all incubate in your mind.

### Day Two to Day Four

Today you will begin to write your book, and you'll keep on writing it for the next 3 days (day 2 to day 4). But don't worry. It's going to be easy.

When you first think about sitting down and writing for 3 straight days it can seem daunting. And that's why you're going to think about it differently.

And there are three tips that can help you.

Firstly remember that you're not writing a whole book. You've already prepared a list of what you're going to be writing about and the order you're going to write it. You've also done all the necessary bits and pieces of research so all the information you need is in front of you.

So you're not writing a book. You're simply writing up the information you've already acquired into one cohesive document.

Secondly you're going to break the work down into short segments.

No one can sit and write for hours on end and be really creative...well some people might be able to but not many.

The late, great copy writer, Eugene Schwartz used to time his creative writing bursts into short sections. He used to use a timer that he would set for 33 minutes and 33 seconds. He'd then begin to write until the timer sounded and then take a short break.

He said that the reason he always did this was because he could write better in short bursts of creativity rather than struggle for hours after the initial inspiration had waned.

And there are many writers who still work this way. They find they are more creative if they don't work for too long at once. So they work for 20-30 minutes at a time and then take a 5-minute break.

You can try this method of writing too. Of course, if you start to write and find yourself capable of creating page after page of brilliant writing without stopping, then by all means stick with a roll when you're on it.

But if you find long writing assignments difficult, then break it down into short creative bursts.

Thirdly you need to make your writing personal, and by that I mean don't go at it as though you're writing a term paper for school.

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Instead pretend you're writing a letter to a friend.

Imagine that your friend (real or imagined) has just asked you a question and you're answering it in a letter.

Writing to a friend is a much more relaxed way to write and makes the whole task much simpler. So when you're writing, remember that you're only writing to one person, not a whole crowd. That way you can keep it simple and make it easier to write.

### **Writing Your Book**

You may be about to write your book in only 3 days but keep it in mind that it still needs to read like a book, so it needs a beginning, a middle and an end. When you're writing anything, the best way to make it easy to understand is -

- Say what you're going to say
- Say it
- Say what you've said

This applies to just about anything you write whether it's an email, an article, a report or a book. And it will give you a beginning, middle and an end to what you want to say.

So begin your book by stating what it is about and how the reader will benefit.

Then write the middle of your book and conclude it all by wrapping it all up and explaining what the reader has just learned.

Of course if you want to write a novel all this will be slightly different, but the basics are the same.

The beginning of your book could be expressed as "foreshadowing" which is common practice in fiction.

For instance, if the main character is going to end up fighting for their life in a snow blizzard, your opening scene can have a single snow flake falling on them.

The middle of the novel is, of course, the whole story of what happens, and then the ending could be the main character reflecting on how different their life is since the first snow flake fell.

So again, the whole book opens simply and ends neatly.

### **Don't Get it Right, Get it Written**

Before you start to write make sure there is nothing - ABSOLUTELY NOTHING - to distract you and cause you to procrastinate.

Ignore the telephone. Don't answer it while you're writing. If it's important let them leave a message.

Don't edit your work as you write. Editing while writing is creative suicide. Turn off your spell checker if you're using a computer, or turn off your monitor.

Don't stop writing no matter what. When you're writing, write.

If you think you're going wrong ignore it and keep writing. You can't go wrong if you know what you're writing about.

If you think you've used a wrong word, just underline it for later consideration and keep going.

If you can't think of a word you're looking for just leave a space and move on.

Keep your writing simple. Don't use big words and DON'T correct anything. If you think you've made a mistake, leave it. If it is wrong you'll pick it up later.

Just don't stop. And don't edit. Don't go back over what you've written. Keep your hands moving.

Leave gaps or notes to yourself if you get stuck (if you forget a name or a date).

Forgot how to spell a word? Spell it wrong for now. This is just a rough draft so don't fuss.

Keep your friend in mind.

Keep your hands moving!

Don't doubt what you're writing. Because of your focusing statement your writing should stay on target and your writing will be flowing more smoothly than you think it is.

### **Get Going**

So now it's time to start writing. And remember that you **MUST NOT** edit your work. You're going to keep your hands moving and keep the words flowing.

You don't have to get it right. You just have to get it written.

And keep your focusing statement in mind to stay motivated.

### Day 5

Welcome back to the real world.

Long writing projects are addictive. I find that when I'm writing, especially when it goes on for days, I feel as though I've been taken out of reality and for me, time and space no longer exist. I'm lost in my work and I'm oblivious to almost everything in my physical environment.

Was it the same for you? Did 3 days of writing feel as though you were doing it on a distant planet far, far away?

That, my friend, is called focus, and it's what all successful writers use. Their focus is completely on what they're doing and nothing else penetrates. And that's how success happens. The ability to focus makes it happen.

All good writers have great focus and after 3 days of writing, you know that you have great focus too.

Congratulations on writing your book in record time.

And now it's time to tidy it up.

### Time to Edit

Now we come to editing. This is a totally different job to writing and that's why it should always be done separately.

If you were writing by hand it's time to type up your work. But don't edit as you go. Just type up your work as quickly as you can so that you can get on with editing it.

To edit your work correctly, go over it right from the beginning.

Make any necessary corrections. Look for typos and spelling errors, fill in any gaps you left. You might even find you've got all your information there but it's in the wrong places. So move any paragraphs and chapters around if needed.

What you've written over the 3 days is a fist draft.

Your new edited version is your second draft.

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There's a mathematical equation about writing that states -

Second Draft = First Draft minus 10%

So get rid of 10% of what you've written. Look for inconsistencies or anything that simply doesn't belong in your book. It doesn't matter if it's a great piece of writing. If it doesn't belong, get rid of it.



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### Day 6

Spend the whole day going over your work and polish it off to perfection.

Then lastly, correct your formatting. Make sure your headings are all formatted consistently and everything is laid out correctly on every page.

Insert page numbering.

Add a Table of Contents page if necessary and a copyright or disclaimer page.

Then add a cover page and proof read the entire book one more time.

And that's it.

You've finished.

And on the seventh day the writer rested.

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