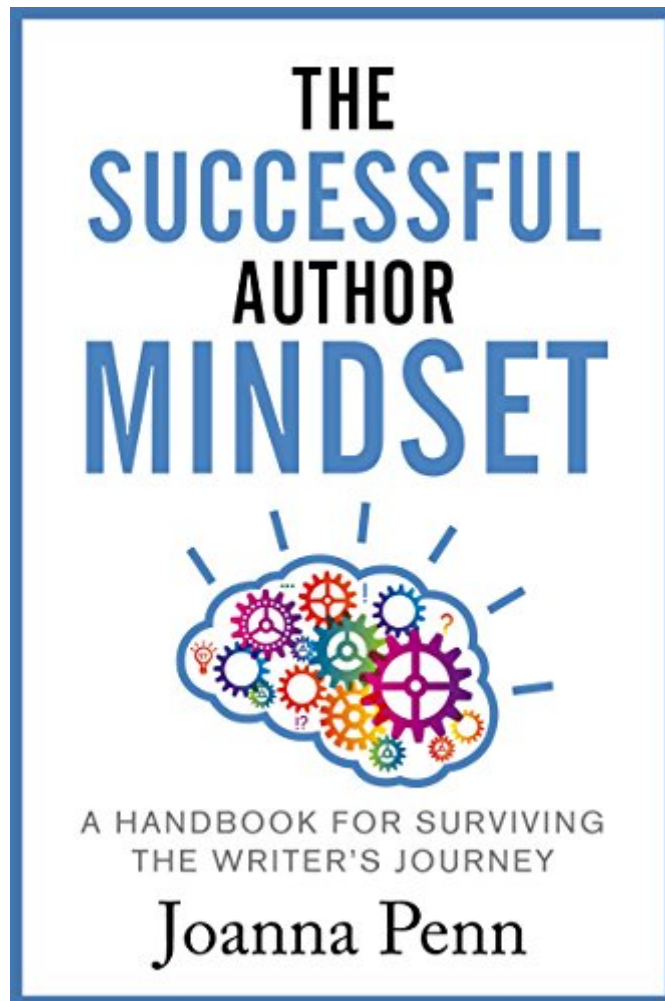


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# The Successful Author Mindset: A Handbook For Surviving The Writer's Journey



## Synopsis

Being a writer is not just about typing. It's also about surviving the roller-coaster of the creative journey. Self-doubt, fear of failure, the need for validation, perfectionism, writer's block, comparisonitis, overwhelm, and much more. When you're going through these things, it can feel like you're alone. But actually, they are part of the creative process, and every author goes through them too. This book collects the mindset issues that writers experience, that I have been through myself over the last nine years, and that perhaps you will experience at different times on the creative journey. Each small chapter tackles a possible issue and then offers an antidote, so that you can dip in and out over time. It includes excerpts from my own personal journals as well as quotes from well-known writers. I hope it helps you on the road to becoming a successful author.

The book includes:

- Part 1: Mindset Aspects of Creativity and Writing
  - Self-doubt and imposter syndrome
  - Need for validation
  - Fear of failure
  - Fear of rejection and criticism
  - Your inner critic
  - Fear of judgment
  - Perfectionism
  - Writer's block and procrastination
  - "I'm not creative. I don't have any ideas"
  - "My writing isn't original"
  - "Why write? There are too many books in the world already"
  - "I don't have the time or self-discipline to write"
  - "I'm not finding writing much fun. It's hard work."
  - "I keep starting things and not finishing them"
- Dealing with friends, family and writer's groups
- "How do I find my voice?"
- Comparisonitis or "Everyone is better than me"

• Part 2: Mindset Aspects after Publishing

- Anti-climax and creative dissatisfaction
- What is your definition of success?
- What happens when you tell people that you're an author?
- "I'm overwhelmed"
- Dealing with fans, authenticity and drawing the line
- Haters gonna hate
- Ambition, fame and fortune
- Giving up

• Part 3: Tips for Success on the Author Journey

- Know thyself
- Understand and hone your creative process
- Develop professional habits
- Manage professional relationships
- Take control of your writing career
- Find your community
- Keep learning
- Schedule rest and take time off
- Think long term. Create a body of work

You're not alone on the author's journey. Download a sample or buy now.

## Book Information

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## Customer Reviews

I have always admired Joanna Penn and her work. This book shows that even the best of the best have doubts about their work. BUT - what I love about this book is that it not only states the problem (ie the fear) but tells you how to deal with it. A practical book that I know I will read again and again. Very helpful.

Writing, as a vocation, just like any other vocation, has its ups and downs. If you, like me, read the non-fiction books about writing and writers, you would have read about the good things – the joy of writing, the craft, the satisfaction and fulfillment. But not that many authors write about the bad – the crippling self-doubt, the fear of failure and comparisonitis, or the ugly – the haters, procrastination and overwhelm that come with this job. Joanna doesn't just delve in to the bad and the ugly, she gives suggestions on what to do about it. She even manages to help you see the possibility of finding some good in the bad and the ugly. For example – in the section on rejection and criticism, she says: – Rejection by an agent or a publisher who is not a good fit for your book is a blessing in disguise because you may find a home for it elsewhere or happily self-publish later. – I can't speak for everyone, but for me, many passages of this book felt like she was speaking directly to my soul – to that place inside every writer that is vulnerable and sensitive. That part of us that has days when all we want is to go live in the fictional universe we created and not deal with the bad and the ugly of the real world. This book reaches out to that part, gives it a hug and tells it to not be afraid.

I went into this book thinking that I wouldn't get much out of it. After all, I have been through my tormented "aspiring writer" phase and come out the other side a proud, independently published author. Sure, I'm still plagued by insecurity and doubt, but how much help could a glorified pep talk really be? — even from someone I respect as much as Joanna Penn? Oh, how wrong I was. The Successful Author Mindset should be required reading material for all writers, no matter the stage in their journey. Unlike so many self-help books, it doesn't shove vague platitudes or useless statistics in your face. Instead, Penn offers excerpts from her actual journey (an incredibly gutsy move) and real-life antidotes from herself or other authors to contextualize the problems the book addresses. You will never once feel alone while reading this book. And hey, the inspiration quotations are pretty inspiring, too. Penn covers a wide range of doubts, concerns, and inhibitors that affect authors at every stage of writing and publishing. She explains each issue, then follows it with her "antidote" or best advice or steps to move past the problem and on with your creative life. Best of all is Penn's generosity. Within the text, she freely offers up creative ideas and her own writing, creativity, and productivity "secrets." I finished the book feeling encouraged, energized, and confident, as if I had just spent a couple hours chatting with a friend or mentor. Do yourself a favor and read this book. Start with the chapters that address your own issues, or read it straight through in one day like I did. You will get what you need out of it. You just have to read.

This is one of those books that's a quick read but full of useful information because it gets directly to the point. There is no fluff here. Joanna has gone from being a 9-to-5 employee in the business industry to becoming a successful indie author. In this book she talks about the thought processes on her journey; the fears, the doubts and the excitement. Chapters are each set up to address a different issue or problem, and she has a useful antidote to try at the end of each chapter. It's easy to get through the book quickly, but the real value of this book will be for authors using it as they need to through the years. I especially enjoyed the excerpts from her journals. They addressed the raw emotions that she felt (that we all have felt) and it's wonderful to know that you're not alone and that you can do something about it. There are little tidbits throughout the book, like deconstructing novels to learn about those genres, that are goldmines. I will be going back to this book for many years.

This is a powerful book, Joanna Penn's best non-fiction yet. It is a source of wisdom as well as the comfort of a friend. This book will be one I keep with me over my journey going back to it again and again for perspective, encouragement, and guidance. It follows the mindset of a writer (though it

could be for any entrepreneur or maker) through the various stages of writing and provides antidotes for the obstacles faced along the way. I love her more practical business and marketing books (How to Market a Book; Business for Authors, How to Make a Living with your Writing), but this one has more power for me. The power comes from the transparency and authenticity of the author. Every writer's journey is unique, but we all share the struggle of overcoming these obstacles. Joanna opens her journey to us in these pages in a way that makes you feel she is sitting across the table from you sharing a cup of tea (or glass of wine!) If you are a creative, you'll read this and feel the connection and the inspiration.

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