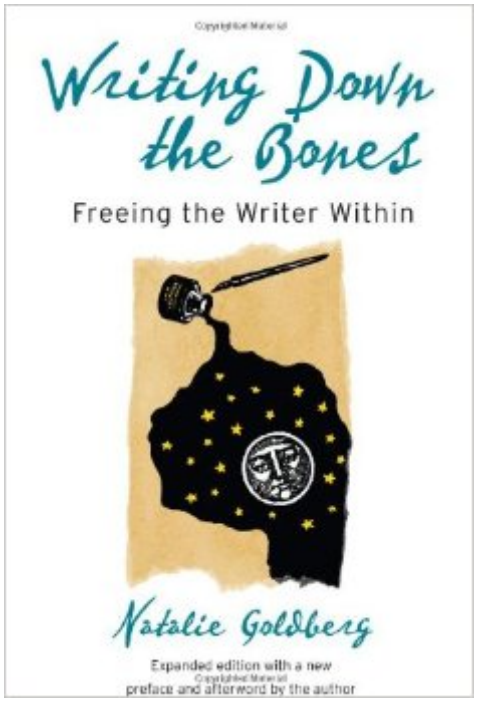
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Writing Down The Bones: Freeing The Writer Within, 2nd Edition



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Synopsis

For more than twenty years Natalie Goldberg has been challenging and cheering on writers with her books and workshops. In her groundbreaking first book, she brings together Zen meditation and writing in a new way. Writing practice, as she calls it, is no different from other forms of Zen practice Ã¢â ¬â •"it is backed by two thousand years of studying the mind." This new edition, which marks almost twenty years since the original book's publication, includes a new preface in which Goldberg expresses her trademark enthusiasm for writing practice, as well as a depth of appreciation for the process that has come with time and experience. Also included is an interview with the author in which she reflects on the relationship between Zen sitting practice and writing, the importance of place, and the power of memory.

Book Information

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Customer Reviews

"I'm convinced that none of the writers of my acquaintance can go another day without a copy of Natalie Goldberg's magical manual Writing Down the Bones."Ã¢â ¬â •Linda Weltner, The Boston Globe "The secret of creativity, Natalie Goldberg makes clear, is to subtract rules for writing, not add them. It's a process of 'uneducation' rather than education. Proof that she knows what she's talking about is abundant in her own sentences. They flow with speed and grace and accuracy and simplicity. It looks easy to a reader, but writers know it is the hardest writing of all."Ã¢â ¬â •Robert Pirsig, author of Zen and the Art of Motorcycle Maintenance

Natalie Goldberg is the author of ten books. Writing Down the Bones, her first, has sold over one million copies and has been translated into twelve languages. For the last thirty years she has practiced Zen and taught seminars in writing as a spiritual practice. She lives in New Mexico.

"Writing Down The Bones - Freeing the Writer Within" did and does exactly what the title says it will, free the writer within. For years I have had stories, thoughts, dreams and aspirations rattling around in my head. Unfortunately, in school I never really grasped the idea of writing as a way to get them out. Normally, I'd just tell someone but there are some things you just don't want to or can not share with others. I was never a person who writes. This book guides people like me through a number of ways to get the ideas out of their heads in fun and clever ways.One of the best things about this book is the chapters are short and easily digestible. For a new writer when you get to the end of one where you feel you missed the meaning, it's only an investment of a few more minutes to read it again.There are some reviews who said this was a poor book because all it really says is to write a lot and write whatever comes to mind. Others say that it's geared toward poetry and not useful for other types of writing. I have to disagree wholeheartedly. Obviously this was not the book for them but it was absolutely the correct one for a person like me. Someone who needs to find his voice and see examples of new ways to write that have never crossed their mind before. Because of the way the book is written, I don't think it was intended for experienced writers like those reviewers seemed to be. The first chapter after the introduction is entitled, "Beginners Mind, Pen and Paper," if that tells you anything.It is not my intention to write "The Great American Novel" as the author, Natalie Goldberg puts it. Not even the "Crumby American Novel." In fact I will likely never even attempt to get any of my work published. Goldberg gets that.If you are a student having trouble writing English papers, a person who wants to write a journal in an intelligent way or someone like me who not only wants to record their thoughts but to do so in a way that conveys the feeling behind them while exercising the mind, "Writing Down The Bones - Freeing the Writer Within" is a must read and you should do it soon.

You've always thought you'd like to write--even if just for your grandkids. Natalie Goldberg is the guide for you. First and best she helps you get the "inner critic" off your shoulder and you're back. WRITING DOWN THE BONES is full of prompts to get you started and to keep you going and maybe even get a group together to read to each other. Goldberg has been working with writing groups for thirty years. Her advice, based on experience is wise, insightful and fun to read and her second book on writing memoir, OLD FRIEND FROM FAR AWAY will take you as far as you want

to go as well as lead you "home."Good writing!(I bought two new copies through . I used them in teaching my writing class. Delivery was so quick and the books were brand new "used" from a secondary- seller. What great service!)

I’m not half way through it yet, but I am enjoying the book. Miss Goldberg makes sense, and she writes for the writer in all of us. She’s trying to reach that part that is inside each person. She makes no snobby statements about writing. She is opening this world up for each person who wants to write. If you are a newbie or a seasoned author you will enjoy this book.

I think the negative reviews on here are missing the bigger picture. So what if she relates writing through the zen mind thing and speaks a lot about spirituality. The point is to ultimately to get your ass in the chair and write. Quit thinking about it and do it. She also elaborates on writing whatever is in your mind...to just let go and let it come out. Think about your favorite writers. Are they real? Does some crazy stuff come out? Look at best selling writers like Stephen King, Dean Koontz, or even the chick that wrote 50 Shades.....did it takes some courage to write what they do? Don’t u think some people think they are crazy? I can remember reading Stephen King’s books and thinking this dude lost his mind. I love Stephen King’s books. Is their writing the same s*** you read everywhere else? They write some pretty real stuff-stuff that only they could come up with. It’s intensely personal, honest and unique to them. They had to dig deep and put down the bones regardless of what others thought. Charles Bukowski comes to mind. Dennis Lehane. James Crumley. Honest, real, raw. Read this book and get down the bones. Stop reading all this how to stuff. Learn writing by doing it. Make it real and personal. People want to read what YOU have to say, not what someone tell you will be a best seller or some dumb s***. Put your heart and soul out there and see what happens. At least you will be sincere and true to yourself and hopefully won’t put the same generic crap that everyone else is putting out there.

I just needed another voice to tell me to write and Natalie’s was an enjoyable voice. There are are no writing techniques, just exercises to get you to write. Because if you want to learn to write you have to write

I don’t know why I came out of the book disappointed. Maybe because it has been raved to me. Maybe it is that we have used the exercises in our writers’ group (I do have fondness for those.) Maybe it is due to the fact that it was written so long ago that a lot of it felt dated. I got the message:

Write. It helped me look forward to NaNoWriMo. But the quotes of her guru so often felt weak. It would have rang truer if these thoughts were her own.I read this on Kindle but I do have the paperback so I do plan to work through a few more exercises during November.

My go-to book for any problems I stumble over in my writing...will probably need a new copy soon, as this one is starting to show its frequent use.

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