



The Writing Diet: Write Yourself Right-Size

By Julia Cameron

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The Writing Diet: Write Yourself Right-Size By Julia Cameron

Julia Cameron, author of *The Artist's Way*, offers a revolutionary diet plan: Use writing to take off the pounds!

Over the course of the past twenty-five years, Julia Cameron has taught thousands of artists and aspiring artists how to unblock wellsprings of creativity. And time and again she has noticed an interesting thing: Often when her students uncover their creative selves they also undergo a surprising physical transformation— invigorated by their work, they slim down. In *The Writing Diet*, Cameron illuminates the relationship between creativity and eating to reveal a crucial equation: Creativity can block overeating.

This inspiring weight-loss program directs readers to count words instead of calories, to substitute their writing's "food for thought" for actual food. *The Writing Diet* presents a brilliant plan for using one of the soul's deepest and most abiding appetites—the desire to be creative—to lose weight and keep it off forever.

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The Writing Diet: Write Yourself Right-Size By Julia Cameron Bibliography

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Editorial Review

From Publishers Weekly

Unlike so many diet books, this cheery addition to the self-help shelves wasn't written by a nutritionist or a fitness pro, but rather by a "creativity expert" who "accidentally stumbled upon a weight-loss secret that works" while teaching a creative "unblocking course." While this might sound like so much snake oil, the optimism and common-sense attitude of author Cameron (*The Artist's Way*) are winning. Her system is both simple and inexpensive, promoting exercise, food journaling, and something called "morning pages," which are stream-of-consciousness passages dieters record after getting out of bed: "A day at a time, a page at a time, we become mindful, acutely attuned to our personal feelings." The second half of the book is filled with exercises, some more goofy than practical ("if your museum has a gift shop, buy yourself five postcards glorifying the body type you've got"), and stories detailing chronic overeaters' paths to weight loss success. These stories are sometimes inspiring, sometimes repetitive, but should motivate dieters to give writing a try. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Review

Praise for *THE ARTIST'S WAY*...

"*THE ARTIST'S WAY* by Julia Cameron is not exclusively about writing--it is about discovering and developing the artist within whether a painter, poet, screenwriter or musician--but it is a "lot" about writing. If you have always wanted to pursue a creative dream, have always wanted to play and create with words or paints, this book will gently get you started and help you learn all kinds of paying-attention techniques; and that, after all, is what being an artist is all about. It's about learning to pay attention."

--Anne Lamott, *Mademoiselle*

"The premise of the book is that creativity and spirituality are the same thing, they come from the same place. And we were created to use this life to express our individuality, and that over the course of a lifetime that gets beaten out of us. [*THE ARTIST'S WAY*] helped me put aside my fear and not worry about whether the record would be commercial."

--Grammy award-winning singer Kathy Mattea

"Julia Cameron brings creativity and spirituality together with the same kind of step-by-step wisdom that Edgar Cayce encouraged. The result is spiritual creativity as a consistent and nourishing part of daily life."

--Venture Inward

"I never knew I was a visual artist until I read Julia Cameron's *THE ARTIST'S WAY*."

--Jannene Behl in *Artist's Magazine*

"Julia Cameron's landmark book *THE ARTIST'S WAY* helped me figure out who I really was as an adult, not so much as an artist but as a person. And award-winning journalist and poet, Cameron's genius is that she doesn't tell readers what they should do to achieve or who they should be--instead she creates a map for readers to start exploring these questions themselves."

--Michael F. Melcher, *Law Practice* magazine

"This is not a self-help book in the normative sense. It is simply a powerful book that can challenge one to move into an entirely different state of personal expression and growth."

--Nick Maddox, *Deland Beacon*

"*THE ARTIST'S WAY* (with its companion volume *THE ARTIST'S WAY MORNING PAGES JOURNAL*) becomes a friend over time, not just a journal. Like a journal, it provokes spontaneous insights and solutions; beyond journaling, it establishes a process that is interactive and dynamic."

--Theresa L. Crenshaw, M.D., *San Diego Union-Tribune*

"If you really want to supercharge your writing, I recommend that you get a copy of Julia Cameron's book *THE ARTIST'S WAY*. I'm not a big fan of self-help books, but this book has changed my life for the better

and restored my previously lagging creativity."

--Jeffrey Bairstow, Laser Focus World

"Working with the principle that creative expression is the natural direction of life, Cameron developed a three month program to recover creativity. *THE ARTIST'S WAY* shows how to tap into the higher power that connects human creativity and the creative energies of the universe."

--Mike Gossie, Scottsdale Tribune

"*THE ARTIST'S WAY* is the seminal book on the subject of creativity and an invaluable guide to living the artistic life. Still as vital today--or perhaps even more so--than it was when it was first published in 1992, it is a provocative and inspiring work. Updated and expanded, it reframes *THE ARTIST'S WAY* for a new century."

--Branches of Light

"*THE ARTIST'S WAY* has sold over 3 million copies since its publication in 1992. Cameron still teaches it because there is sustained demand for its thoughtful, spiritual approach to unblocking and nurturing creativity. It is, dare we say, timeless."

--Nancy Colasurdo, FOXBusiness

Praise for *VEIN OF GOLD*, the second volume in the *ARTIST'S WAY* trilogy

"For those seeking the wellspring of creativity, this book, like its predecessor, is a solid gold diving rod."

--PUBLISHERS WEEKLY

Praise for *ARTISTS WAY EVERY DAY*...

"I've been a huge fan of Julia Cameron's work since I first delved into *THE ARTIST'S WAY* over a decade ago. Since then she's continued to create a series of inspirational books, the latest of which is *THE ARTIST'S WAY EVERY DAY*, a wonderful collection of meditations and daily inspiration. A great addition to any collection of meditation and inspirational materials, Ms. Cameron's new offering is sure to guide you in a new direction."

--Dishmag.com

"Now, Cameron's most vital work is accessible in a daily guide. Intended for study for the course of a year, *THE ARTIST'S WAY EVERY DAY* extracts the essential teachings from Cameron's groundbreaking work and assigns them to each of the 365 days."

--Business Woman

About the Author

JULIA CAMERON has been an active artist for more than thirty years. She is the author of seventeen books, fiction and nonfiction, including *The Artist's Way*, *The Vein of Gold*, and *The Right to Write*, her bestselling works on the creative process. A novelist, playwright, songwriter, and poet, she has multiple credits in theater, film, and television. She divides her time between Manhattan and the high desert of New Mexico.

No Bio

Users Review

From reader reviews:

Agnes Higa:

Now a day people that Living in the era exactly where everything reachable by connect with the internet and the resources in it can be true or not need people to be aware of each data they get. How individuals to be

smart in acquiring any information nowadays? Of course the solution is reading a book. Looking at a book can help folks out of this uncertainty Information specially this The Writing Diet: Write Yourself Right-Size book because book offers you rich facts and knowledge. Of course the details in this book hundred per-cent guarantees there is no doubt in it as you know.

Mary Nixon:

This The Writing Diet: Write Yourself Right-Size are reliable for you who want to be described as a successful person, why. The reason why of this The Writing Diet: Write Yourself Right-Size can be one of the great books you must have is usually giving you more than just simple reading food but feed anyone with information that perhaps will shock your previous knowledge. This book will be handy, you can bring it everywhere you go and whenever your conditions at e-book and printed types. Beside that this The Writing Diet: Write Yourself Right-Size forcing you to have an enormous of experience like rich vocabulary, giving you trial of critical thinking that we understand it useful in your day task. So , let's have it and luxuriate in reading.

Denise Wallis:

The guide with title The Writing Diet: Write Yourself Right-Size has lot of information that you can learn it. You can get a lot of benefit after read this book. That book exist new information the information that exist in this publication represented the condition of the world currently. That is important to yo7u to find out how the improvement of the world. That book will bring you inside new era of the the positive effect. You can read the e-book in your smart phone, so you can read the item anywhere you want.

Erin Wright:

Often the book The Writing Diet: Write Yourself Right-Size has a lot details on it. So when you read this book you can get a lot of help. The book was compiled by the very famous author. The author makes some research ahead of write this book. This book very easy to read you can get the point easily after reading this book.

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