



An exclusive preview at
an upcoming book...

By Brian McAleer

Writing isn't just a hobby of mine, nor is it just the basis for an aspiring career. It is a way of life, and it is my way of life. I have been writing consistently since I was about 12 years old. It started with science fiction and adventure stories in primary school, which were never more than a page long. In my teens I tried to write my first book, and got pretty far, reaching about 150 pages. That story went to sleep, but may resurface one day in the future. Then in my late teens and early twenties, I turned to journal writing.

Journal writing has been one of the main tools I've used and cultivated to manage my life for the past decade. It has seen me through some hard times, helped me discover more about myself and develop a level of self awareness that helps me walk through my life with a reasonably level head. It takes effort – continuously – to write on a daily basis, and it is never easy. Writing shouldn't feel easy, unless you are making a shopping list! When you want to write, and write well, you have to find that connection between your thoughts and your words, and this takes practice. A lot of practice. Only in the past couple of years, do I feel like I've started to get a firm grip on this ability, and I still consider that I'm just getting started.

I'd like to share with you a concept for a book I intend to write over the next year. It is all about encouraging people to turn off the TV, stop texting and pick up a pen again. With pen in hand, a notepad or exercise book and a quiet place to be, you can then begin to write. You don't have to be the next Stephen King or J.K. Rowling to justify writing every day. I don't intend to write horror stories or The Next Great Australian Novel, but rather I write and continue to write to perfect (as much as I can) my ability to communicate with myself and others, to the best of my abilities. And I urge you to do the same. Because for most of us in life, we struggle with communication don't we? We either can't articulate what we really want to say, we don't always understand others, and we want to turn that little voice in our heads from a negative one into a positive voice, that moves us forward instead of holding us back. I believe every person wants that on some level, and so I offer this book.

“Life, the Write Way” is what I'm calling it, and the book will be broken down into the following sections (to begin with; more will be added over time). Since you have liked this page and I assume you are reading this post right now, you are the first of my future readers to get a sneak peek at what I hope will be a pivotal and influential book for many people around the world.

Contents...

- Keep a Journal, and be Inspired

Why? What are the benefits of journaling? There are many. It can help one to develop their own language skills, and bridges the gap between your thoughts and action, which quite often don't work together. Journaling allows you to see how you grow and progress over the years, where you gain a fascinating insight into how you were thinking and feeling about things within you and around you, during various stages of your life. In this section, you will be given some prompts to get you started in writing a journal, guiding you to turn it into a habit and stick with it.

- Secret Success Stories

Looking at your past experiences, whether positive or negative, you can re-write your interpretation of them... and uncover the hidden success within your past. Once you do this and the more you do it, you start to realise that perhaps you are more successful than you think you are. From here, you can start to build up your own little collection of all the examples where you've succeeded in life. This is a very satisfying and rewarding exercise, and in this section you will hear stories of how others came to realise they were more successful than they thought, inspiring you to look into your own past and dig out our success.

- Would, Coulda, Should Reversal Process

We all have lots of should's in our life don't we? "I should exercise, I should save more money, I should call my old friend, I should make up with my ex-partner" But how often do we follow through on those should's? It's hard because what we tell ourselves we should do can seem overwhelming to us and difficult to achieve. We also talk about the things we would do or could do if only...

In this section, you will be taken through an exercise where you make a list of all your would's, could's and should's. By rewriting and changing the words, you will have a whole new list of affirmations. So instead of what you would do, you decide what you WILL do. Instead of what you could do, you discover what you CAN do. And most of all, instead of stressing over what you should do, you will follow through on what you MUST do. This is a very empowering process, and I know you will find it worthwhile.

- I'm Angry, because...

We all get angry. Some get angrier than others, people get angry at small things, some get angry in small doses, and certain people just always seem angry. Why do we get angry? Various reasons, but if we don't identify what makes us angry, it can continue to makes us angry, and this can often be suppressed for a long time and explode out of us in negative ways. Know that it is totally okay for you to get angry, but don't let it consume you for too long. In this process, you will need to be upfront and honest with yourself as to what is making you angry. By following through on the exercise and answering some truthful questions, you can dissolve your anger, feel empowered to make a situation better, and respond to life's challenges, instead of reacting to them.

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Thanks!

Brian