

How to write a book in 30 days

Have you been struggling for years to complete a book? If so, don't worry. This is a common problem that many writers face. Are you ready for the secret of how to write a book in 30 days? **"Go Write and You Won't Go Wrong. It's that simple,"** says Michael Ray King.

Michael has helped hundreds of writers get un-stuck and finish the books that have been in them for years. Here are some of the tips he recommends to his clients:

Find a good place to write.

Find a place that's pleasing to you. It can change from day to day. When you purposely go to these places, you're already starting. On your way there you start formulating things in our head. A lot of creative work is done before you even start writing.

"I like writing in a restaurant because it has a lot of white noise. I can't write at home because there's a lot of children noise I can't ignore," Michael says.



*"I heard you say you have writer's block.
Well, I'm here to unblock it."*

Consider your sound environment.

Music is a good writing trigger, as long as you know what genre works best for you. "Music with words can be especially inspiring when you're writing poetry. I get the melody and it helps me pick up meter. It's a fun poetry exercise," Michael says. "But if you listen to songs with music, be careful not to plagiarize."

Stay with your passion.

This is the most vital aspect of writing any book. You have to love what you're writing. You can't do this if you're questioning yourself all the time. It invites a critic and a judge. You may have to go back and review a few prior paragraphs to refresh where you are, but move on. You need to love your writing from the very beginning, from the first draft all the way through the marketing of it.

The first draft doesn't need to have good grammar and continuity. Some people don't like chaos, but if you're truly creating from the heart, your words will seem chaotic at first. The stuff you're writing fresh off the cuff doesn't match up with the edited stuff so if you try to edit when you write, it feels like there's a bug in your writing. This can bring you to a halt. Save the editing for later.

Michael allows writers to talk about their issues. Lots of issues come down to the personal judge and critic. "Writers have set patterns like this and that's exactly what they need to change," Michael says.

Use index cards.

"I press people to use index cards. Get a specific pen you identify with your writing," Michael says. If you have something special you connect with your writing, such as a pen, a desk, or a set of index cards, it's a trigger to start writing.

Too many people de-prioritize their writing. In order to get your writing done, you have to prioritize it. If not, everything else will take priority over it.

Begin with one card. Write the title of your book. Be creative. You can change it at any time. Working with index cards is an ongoing process. Make a card for each chapter and section of your book. You can continue adding and reorganizing the index cards the whole time you're writing your book. You can continue to shift them around at any time. Interacting with the cards gives you a hands-on approach allowing you to tap into your internal creative nature.

"When you digitize things, you're taking out the human element. By using cards, you're stay in touch with your creativity. There are huge advantages with computers, but they can also distance you from your creativity," Michael says.



Michael Ray King's index cards for his book on How to Write a Book in 30 Days.

"I've had people do the cards in a different way, but that's

ok,” Michael says. He believes that if it works for you, then it’s right for you.

Lots of people take five or more years to write a book. You don’t need that much time to write most books. If you’re writing a historical fiction novel and have to do a lot of research, it’s going to take longer.

Write at least 750 words each day for 30 days.

“You have to get to the point where you want to write the book so much that you’re writing because you want to get your message out, not just because you want to meet your daily word count or complete an index card. For some it may feel somewhat of a selfish priority,” Michael says.

If you’re writing what you know, then you should be able to knock out a first draft quickly. Having a plan for completion is important. That’s one of the biggest benefits of deciding to write your book in 30 days. Michael holds classes and webinars on **How to Write a book in 30 Days**.



Address the critic and the judge separately.

“That sentence isn’t constructed well,” you might be telling yourself. “Who are you to think you can write a book? Who would want to read this?”

“Put these voices in solitary confinement prison until you’re done with your first draft,” Michael says. “These voices just get in the way of creativity. Nuke them. Blow them up. You never need the internal judge. These critics will rob you of

your book. If it's happened to me, it's happening to other people."

"I had a coach who put me to the grindstone. I'm a totally different kind of coach," Michael said. "You can throw everything into your book. Overwrite. If you think it's cool or if it's your truth, just put it in there. If you think it might tick someone off and you decide to leave it out, then you're not writing properly."

"There's lots of diversity out there. Not everyone is going to agree with you. If you write vanilla, you won't get anywhere. Howard Stern and Connie West don't have filters, but we place filters on our views. Your views have more credence than these guys. Don't censor yourself when you have truths to put out there. Don't hold back," Michael says.

Lots of writers tend to want to read over their stuff before moving on, but avoid it. New writing is going to be rocky at best. Wait until you rewrite and edit before you smooth it all out.



Calliope, the Muse of Epic Poetry

Welcome the muse.

Some writers say “my characters took over my book,” When this happens, it means there’s some mystical thing going on. “This means that you’ve allowed yourself to let your creativity run wild. When you can do this and maintain it, it works,” Michael says.

Some writers say, “The book practically wrote itself.” When this happens, it means you’ve been able to get past the critic and let the book out. The muse is a special writing phenomenon. “I’ve even done this with sports or ballroom dancing,” Michael said. “You can get in a mode when you feel like your actions are being channeled. You don’t know where it’s coming from.”

“You can’t induce a muse. But when she shows up you better get to the computer and write because when she goes away, you might not see her again for a while. You can feel great about your writing, but that time with your muse is special. In 14 years of writing, I’ve never been able to force the muse to show up,” Michael says.

Goodreads has hundreds of quotes from famous writers all the way back to Aristotle and up to modern day people. If you’re feeling stuck, read some quotes from famous writers. It can help you get un-stuck.

Writing is a socially acceptable form of schizophrenia. E.L.

Doctorow

“Don’t count on your muse. Even when she doesn’t show up, you need to get to the point where a day without writing is like a day without sunshine,” Michael says.

Don’t talk to non-writers about your book.

When you’re writing, especially a book, *do not* talk to non-writers about it. They will rob you of your zest. They won’t do it on purpose. If you give them a plot line, you beg the

judge to come in. You might think, “that’s so much better than what I was thinking.” If they say “that’s been done before” then that will take the wind out of you. Tell people you’re writing a book, but don’t discuss the particulars of what it’s about.

Find a trusted writers group.

Find a trusted writing support team with people who are actively writing. If you have synergy, it really helps. “That’s why my clients keep coming to class because it keeps them rolling,” Michael says. “It’s very motivational.”

“Lots of writing groups are social clubs. They’re not progressive. There’s often not enough encouragement to get your book out to market.” Michael says. “You have no business being in a critique group if you’re writing your first draft. If you do, it’s like asking the judge to destroy you. Most critique groups are nothing more than ego stroke groups. People will go in, read, and get feedback. It not only hinders the process time-wise, it handcuffs your creativity. It bottles you up. That’s what I’ve seen and learned. Let your horses run wild and then corral them. If you have a good editor later, that’s all you really need.”



Bridget Callaghan, Michael Ray King, Jeff Swesky and Nancy Quatrano at a Method Writers book launch event in Palm Coast, FL in October 2012

Good writers groups encourage each other. “When I was a part of the Rogue Writers, the energy and synergy in those meetings were off the charts,” Michael said. “It’s a group that started in 2003. People in this group have written multiple books. When you’re around people who are really making it happen, you get caught up in it. That’s a good writing group.”

“You’re either a *wanna be*, a *gonna be* or an *I am*. There was a time when I was waffling between a *wanna be* and a *gonna be*. You want to get to that *I am* place. Write the book so you can say, *I am* an author. A good writers group will inspire this,” Michael says. “Being able to match personalities is critical. I hand picked people for the Rogue Writers. I wanted everyone to encourage each other and write books. We wrote together. Four of us wrote a novel together and a book of short stories.”

“You’ve got to be able to have fun together and still work. We’d play writing games. We’d laugh until we cried. Four

people writing one novel is very interesting. You'll sometimes see a collaboration of two people, but rarely four. We'd just sit there. We had a big timeline on the wall. If you make it too task oriented, there's too much opportunity for friction and you squelch creativity," Michael said. "Our meetings weren't so much about sitting and writing. They were more about coming together to talk about what we had written."

"I'm not a big fan of accountability to others. I think writers need to be accountable to themselves first. Set up a spreadsheet to track your word count toward the completion of your book," Michael says. "I have a friend who posts her word count on Facebook. It's her own accountability and can be inspiration to fellow writers at the same time. Word count isn't the only measure, but it can be a barometer."

Get a writing coach.

"I managed people for 20 years in retail. What I learned is that it's a good thing to hire people better than me. I'm a big fan of personal coaches. A woman named Janice coached me in a business and personal way. We'd talk weekly to find a balance in life. She encouraged me to step out of my comfort zone. The biggest thing she taught me was that you don't have to know things intellectually. I know things from internal channels. When things line up, I know it's right. I'm intuitive. Stop trying to force things and trust your instincts and move forward. When you have your internal talks, just started trusting yourself. She took me out of programmed negativity and put me in positive state of mind," Michael said.

"A book shouldn't feel like a huge monstrosity. Most people can write their first draft in 30 days just by writing for about an hour a day," Michael says. "It's simple but not easy. It takes a lot of discipline. If you don't finish it in 30 days and it takes 45 or 60, you'll still be happy. I've found that about 20-25% of the people who take my class finish in 30

days. The bulk of the people finish in 45-60 days. Some take 90, and a few never finish at all," Michael said.

After your book is written, it's time to move on to the editing process.

How to write a book in 30 days: Write the draft before you edit

Michael Ray King is the author of *Go Write and You Won't Go Wrong: Write Your Book in 30 Days!* He's a five-time award winning author. In addition to conducting classes, he is also a **personal writing coach**. He lives in Palm Coast, Florida.