

# How to Write a Book in 45 Years

*Talking about writing a book is one thing, writing the damn thing is another, getting it published or printed is a horse of a completely different colour ...*

During the process of writing *Mèahuasca*, some People wrote and expressed, that it was their dream or life goal to write a book, and get it published. One of the People asked: ***How much time did it take to write Mèahuasca?***

This question cannot be answered with any degree of accuracy, as the experience needed to write it took ***a whole life time***, the detailed research took ***three years***, the first drafting, rewriting and editing took ***two years*** (at least), dealing with publishers and printers took ***six months***, and getting the art work and cover finalised took ***two months***. All these things overlapped and intertwined. So there are many times to pick from!

***Writing a Book as your Dream or Life Goal*** is highly commendable of course. This was also a Dream of mine many-many years ago. My personal motto has been and still is; ***if you can read, you can write.***

***Everyone who writes has his or her very own, peculiarly unique way of writing.*** There's no clear-cut-right-way or method to write. Most People will have heard of Stephen King (the horror, drama, fiction writer etc.) ... King is one of my most favourite writers, although never has a single one of his books ever graced my bookshelf or been read by me. Some of his books have been translated and adapted to film, some very mediocre films and some incredibly brilliant films ... but it's not in writing, nor in film that Stephen King excels. His genius comes in what he explains to People about ***the writing process itself.***

King does not keep notes or journal his thoughts or ideas. He says that if an idea for a book is good (or bad), it gets into his head, and he lets it reside there to be processed in its own good time, which may in some cases take years.

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He suggests; if you journal or take notes about ideas, you end up with journals full of ideas, and nothing more, which you may never go back to. He has also written loads of stuff that has not been finished, goes nowhere and will never make it to print. King didn't start off being a great writer, and is quite self deprecating about his own talent, but what he does suggest is that you get better at writing, and evolve as a writer by writing. The more time you put into it, the more you get from it.

This has been my experience, as in; my first writings per se were simply private letters to friends, which were nothing to write home about (excuse the pun)... They were just nonsensical ramblings and small talk. This early letter writing practice gave me confidence to write material for brochures and academic presentations. This in turn evolved into articles for some relatively insignificant publications, which in turn evolved into a first mini book of sorts (which nobody read). Looking back on this first mini book, in my view it was terrible (to read now), but getting it to print gave me more confidence to write another book, with more books to follow, and to improve my style and develop my own voice in writing.

In my opinion, my writing has not gotten worse and perhaps, gets a little better with every article or book. If someone had told me way back when ... that it would take me 45 plus years for me to be happy with my own writing, because of what writing has done for me as a cathartic process and as a form of self expression (over the years), it would not have been given up under any circumstances, despite the fact, that at times it has been a huge challenge to write, on many fronts.

For those People who have expressed their *Dream to Write a Book* ... THIS IS MY VIEW: The only way to make progress with this *Dream*, is TO WRITE and to start writing with nothing in mind other than what you feel like writing about at the time you sit down to write. Just let what you are writing about evolve in its own good time ... just keep on writing.

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Try doing a bit of writing **EVERY DAY** (7 days a week), and write about stuff that matters to you personally. You could look at it this way: If you were to write one short article a week of, say, six pages on whatever subject floats your boat ... at the end of a year you would have 52 articles, with an approximate total of 300 plus pages. This would be enough material for a book of sorts, and your writing speed and ability will have improved exponentially. Who knows, you may even be in a position in a relatively short time, to look back and be content (at least) with what you have written, and you may be nicely surprised by your readers' reactions.

The book *Mèahuasca* as a book in it's own right, Journals the adventures of the writer, but there was no actual day-to-day Journaling of the experiences written of. Because the writer was so invested and intrigued with the experiences, it mostly fell from memory onto the page.

**NOTE:** When you begin writing, do NOT LISTEN too intently, or read too much into the opinions of People who are cynical or disparaging of what you write. Although everyone is entitled to his or her opinion, it can be overwhelming and extremely discouraging to take this into consideration (if at all). *The more you write, the better you get* ... if this mantra is good enough for Stephen King, then perhaps it's good enough for us all?

**So WRITE, WRITE, WRITE and KEEP on WRITING, and all will be GOOD IN THE END, and if it's not ... it's not THE END -)**

To procure your copy of the book *Mèahuasca*, go to: <http://www.meahuasca.com/mebook/>

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