



# Life Coaching for Writers: An Essential Guide to Realizing your Creative Potential

*Sarah-Beth Watkins*

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Life Coaching for Writers is a self-help and personal development guide for every writer that will help you to unleash your creative potential. Whether you are a fiction or non-fiction writer, it's not always easy to be creative - life conspires to throw up obstacles, fears and external influences that get in the way of our writing lives. It is aimed at writers who know that they want to write but are struggling to realize their full potential. It is specifically aimed at more experienced writers who have had some successes and want to move from the life of an amateur scribbler to a professional writer.



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