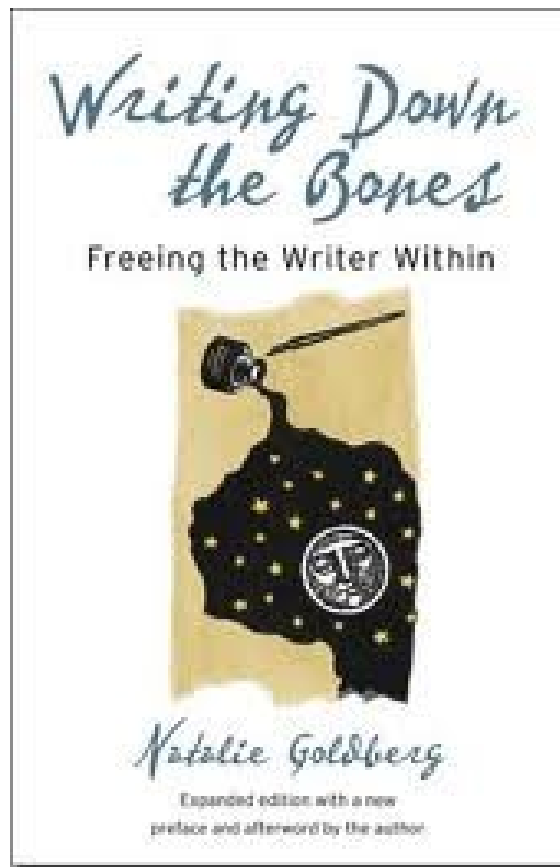


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Writing Down the Bones

Freeing the Writer Within



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The book is used for the creative writing class.

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- Published on: 2005
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- Binding: Paperback

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78 of 80 people found the following review helpful.

Has a place of honor on my reference shelf.

By Bonnie

Many books on writing are strictly craft books. Some are about becoming "pro" - dealing with editors, managing your PR. This is not about that. *WILD MIND* is about practicing the art of writing and about the life of one writer, Natalie Goldberg. But is so clearly instructive, so vividly stimulating, that reading it will automatically boost your own creative fires, and very likely your output. So...in its way, it is a surprisingly practical book.

Like her earlier *WRITING DOWN THE BONES*, Goldberg has created another wonderful resource for the writer at any stage of his/her craft. She's evolved, refined and developed the exercises presented in *Bones*, as well as added new ideas. A favorite of mine is to read work aloud often. She writes: "Write, read, write, read. You become less attached to whether it is good or bad. 'I wrote this now I'll read it, no big deal.' " She gives guidelines for working in a writer's group, and has many "try this" suggestions sandwiched in between anecdotal moments from her life which enrich and strengthen us.

As a professional writer for 25 years, I personally learned from this book mid career and continue to revisit eleven years later. A must have for any writer.

185 of 201 people found the following review helpful.

A Writing Classic

By Kay Porterfield

Natalie Goldberg's insights about writing as a spiritual practice are just as valid today as they were in 1986 when this book was first published. Her suggestions to writers work, both for beginning writers and for writers who depend on words in order to make a living. I recommend this book to the emerging writers I mentor as a must-have reference second only to a good dictionary.

As a professional writer who has written over 20 books and 500 magazine articles, I've given *Writing Down the Bones* away several times after mistakenly deciding that I'd outgrown it. Just as often I've had to go out and buy another copy to remind myself that there's more to the writing life than rejections, and royalties. Every time I reread it, I find something new. Last year I read Goldberg's memoir, *Long Quiet Highway: Waking Up in America*, which provides insights about how she came to her beliefs about writing and spirituality. I suggest reading both books.

55 of 59 people found the following review helpful.

So Good I Couldn't Put It Down

By Stogie Chomper

When I took a creative writing course a few years ago, Natalie Goldberg's "Writing Down the Bones" was a required text. It was so good I couldn't put it down.

Natalie points out that all beginning writers are controlled by their "inner censor" and therefore write what they think other people want to hear, or they put a false face on their writing. Natalie does indeed "free the writer within," by giving us permission to "just write sh--" (her words, not mine). The gist of the book is this: just write. Go for volume, not quality. The quality will come as you gain experience and lose your inhibitions. Natalie says everything you write, not just the good stuff but the bad as well, creates a "compost heap of the mind." It stays in your subconscious and mellows and ripens, ready to fertilize your skills and imagination for future writing projects. I actually put Natalie's suggestions into practice and kept a writer's journal for several years (and still do), and wrote thousands of words. I feel that my writing skills did indeed improve and even shine.

Natalie also discusses some things to try, like writing in different places, and discusses useful topics like metaphor and simile. Her book is not a technical manual, but rather an easy read, a personal insight into the joy and freedom from uninhibited writing. I always recommend this book first to anyone who expresses an interest in learning to write.

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