



Seven effective ways to beat Writer's Block

Have you ever sat down to write and find that the words won't flow? That somehow, they are blocked in the brain, never to be freed? That is classic **"Writer's Block,"** a well-documented affliction causing one to be unable to think of what to write. And, it is something all writers — famous and not-so-famous — face at one time or another.

So, misery loves company, right?

Wrong! Writer's Block is frustrating and discouraging. It causes a writer to question their abilities, their self-worth and more. It is more than a mental state – it can be physical as well – and it creates a stress which keeps this vicious cycle in motion.

This workshop will focus on seven different methods to help writers of all stages – from beginners to published authors – break down Writer's Block and get their words released from their brain and onto the page through a series of fun, relaxed and laid-back activities and exercises. Attendees will walk away with ideas and inspiration to get their creative juices flowing again.

Bring a pen and paper, and learn how to break free from the grip of Writer's Block!



About the presenter: Lynne Cobb is a speaker, freelance writer and journalist, whose essays and articles have been published in the *Detroit Free Press*, *The Detroit News*, *Michigan Prime*, *Guideposts*, *MetroParent Magazine*, *Military Spouse Magazine*, and online publications: Erma Bombeck's Writers' Workshop, Huffington Post, Midlife Boulevard, BlogHer and more. She's also a contributing author to the anthology, *Feisty after 45 – the Best Blogs of Midlife Women*. Lynne is a member of the Detroit Working Writers and the National Society of Newspaper Columnists, and has her Bachelor of Arts—Journalism Studies from UMass—Amherst.

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