

Writing Com Weight Gain



Writing.com Weight Gain: A Writer's Struggle with Success (and How to Manage It)

The intoxicating rush of creative flow. The satisfying click-clack of keys. The thrill of seeing your words transform into a tangible story, poem, or article. For many writers, the process itself is rewarding, but what happens when the success of your writing leads to unexpected weight gain? This blog post delves into the often-overlooked connection between the demanding life of a writer (especially those thriving on platforms like Writing.com) and weight fluctuations. We'll explore the common causes, provide practical strategies to manage your weight, and offer advice on maintaining a healthy lifestyle alongside your writing career.

H2: The Sedentary Nature of Writing

Let's face it: writing is a predominantly sedentary profession. Hours spent hunched over a laptop, immersed in your craft, can lead to a significantly reduced level of physical activity. This lack of movement contributes to a slower metabolism, making it easier to gain weight. Even the seemingly active process of researching can often involve hours spent sitting at a computer.

H3: The Snacking Trap

The allure of comfort food while writing is undeniable. That bag of chips, the chocolate bar, the constant flow of coffee and sugary drinks – these become almost ritualistic companions for many writers. The mind is engaged, but the body is often neglected, leading to excess calorie intake without the burn-off to match.

H3: Stress Eating and Writer's Block

The pressure to meet deadlines, the self-doubt that plagues many creatives, and the frustration of writer's block can trigger stress eating. Food becomes a coping mechanism, a temporary escape from the anxieties inherent in the writing process. This cycle can easily lead to unhealthy weight gain.

H2: Time Management and Physical Activity

The key to combating weight gain as a writer lies in mindful time management and the conscious incorporation of physical activity into your daily routine. It's not about sacrificing your writing time; it's about integrating healthy habits seamlessly.

H3: Scheduling Exercise

Just as you schedule writing time, schedule exercise. Even short bursts of activity throughout the day can make a difference. A brisk 15-minute walk during your lunch break, a quick yoga session in the morning, or a short workout in the evening can significantly improve your physical health and metabolism.

H3: Incorporating Movement into Your Writing Routine

Consider using a standing desk or treadmill desk to make writing a more active process. Take regular breaks to stretch, walk around, or do some simple exercises to get your blood flowing. These small changes can cumulatively impact your overall fitness level.

H3: Mindful Eating and Hydration

Pay attention to what you eat. Keep healthy snacks readily available, such as fruits, vegetables, and nuts. Drink plenty of water throughout the day. Staying hydrated not only improves your overall health but also helps curb appetite.

H2: The Writing.com Community and Support

The Writing.com community itself can be a source of support and motivation. Connect with fellow writers who are also prioritizing their health and well-being. Share tips, encourage each other, and create a supportive environment where you can hold each other accountable.

H3: Finding Accountability Partners

Having a writing buddy who is also focused on health can make a significant difference. You can encourage each other to stay active, make healthy food choices, and avoid falling into the traps of sedentary behavior and unhealthy eating habits.

H2: Prioritizing Mental Well-being

Addressing the mental health aspects is crucial. Stress and anxiety are significant contributors to weight gain. Practicing mindfulness, meditation, or yoga can help manage stress levels and promote a healthier relationship with food.

Conclusion:

Balancing the demands of a writing career with a healthy lifestyle requires conscious effort and mindful planning. By incorporating regular physical activity, practicing mindful eating, and utilizing the support of your community, you can maintain a healthy weight while pursuing your writing passion on platforms like Writing.com. Remember, it's a journey, not a race, and small, consistent changes can lead to significant long-term benefits.

FAQs:

1. Q: I struggle with writer's block. How can I avoid stress eating during those times?
A: Try alternative coping mechanisms during writer's block, such as going for a walk, listening to music, or engaging in a different creative outlet. Distract yourself from the urge to eat emotionally.
2. Q: How can I incorporate exercise without sacrificing my writing time?
A: Try short, high-intensity interval training (HIIT) workouts, which are effective even in short bursts. You can also incorporate movement into your day by taking the stairs, walking during phone calls, or doing stretches at your desk.
3. Q: What are some healthy snack options I can keep at my desk?
A: Fruits (apples, bananas, oranges), vegetables (carrots, celery), nuts, seeds, yogurt, and hard-boiled eggs are all good choices.
4. Q: How can I find accountability partners within the Writing.com community?
A: Join forums or groups dedicated to health and wellness. You can also reach out to fellow writers directly and propose a mutual support system.
5. Q: Is it realistic to maintain a healthy weight while working as a freelance writer?
A: Absolutely! It requires planning and commitment, but it's entirely achievable. Remember to

prioritize your physical and mental health alongside your writing career. It's not about sacrificing one for the other, but finding a healthy balance.

writing com weight gain: Dynamics of Writing Vincent F. Filak, 2017-12-14 *Dynamics of Writing: An Exercise Guide* gives you multiple opportunities to practice your writing skills in-class or as take-home assignments. Each chapter focuses on a different aspect of the newswriting process and offers short-answer, multiple-choice, and writing-prompt activities to help you master the concepts and skills presented in Vincent F. Filak's comprehensive book. Additional exercises built around the unique demands of online newswriting will prepare you to meet the demands of a changing media landscape. Key Features: "Writing Exercises" enable you to recall & demonstrate your understanding of various elements found in each chapter in *Dynamics of News Writing and Reporting*. "Practice Writing" exercises empower you to apply their knowledge in a safe, in-class environment. "Live-Action Exercises" encourage you to expand their knowledge and experience through out-of-class reporting and writing opportunities.

writing com weight gain: Weight Gain During Pregnancy National Research Council, Institute of Medicine, Board on Children, Youth, and Families, Food and Nutrition Board, Committee to Reexamine IOM Pregnancy Weight Guidelines, 2010-01-14 As women of childbearing age have become heavier, the trade-off between maternal and child health created by variation in gestational weight gain has become more difficult to reconcile. *Weight Gain During Pregnancy* responds to the need for a reexamination of the 1990 Institute of Medicine guidelines for weight gain during pregnancy. It builds on the conceptual framework that underscored the 1990 weight gain guidelines and addresses the need to update them through a comprehensive review of the literature and independent analyses of existing databases. The book explores relationships between weight gain during pregnancy and a variety of factors (e.g., the mother's weight and height before pregnancy) and places this in the context of the health of the infant and the mother, presenting specific, updated target ranges for weight gain during pregnancy and guidelines for proper measurement. New features of this book include a specific range of recommended gain for obese women. *Weight Gain During Pregnancy* is intended to assist practitioners who care for women of childbearing age, policy makers, educators, researchers, and the pregnant women themselves to understand the role of gestational weight gain and to provide them with the tools needed to promote optimal pregnancy outcomes.

writing com weight gain: Fat Pets Professor J. D. Scoffbow, 2010-05-20 It's the ideal Christmas gift - the first ever collection of pictures of the world's fattest pets! Marvel at the supersized cats, dogs, rabbits and others to be found in this astounding and entertaining book. Will fit in most stockings.

writing com weight gain: Weight Gain = Weak Heart Change Kim Ragone, 2012-03-26 My book is about weight lose. Basically, stress, environment, food effects the body and you gain weight. Stress is demanding on the heart. Therefore, your heart should be the primary goal in training. As well as eating the appropriate foods needs to be the focus to lose weight.

writing com weight gain: On Writing Stephen King, 2014-12

writing com weight gain: Dynamics of News Reporting and Writing Vincent F. Filak, 2018-01-02 This book is an exceptional introduction into the world of journalistic writing and editing. The author turns the material into a discussion, allowing students to better grasp the concepts at hand. —Dante Mozie, South Carolina State University Journalists in today's media environment require a skill set that can be adapted to a variety of media. *Dynamics of News Reporting and Writing: Foundational Skills for a Digital Age* teaches students the foundational skills they need to successfully report and write the news in an evolving digital landscape. Author Vince F. Filak offers guidance on the essential skills of the industry while weaving in the how-to's of writing digital news. Recognizing that well-crafted stories are founded on sharp prose, this new text covers the foundational elements of newswriting, such as lead writing, structure, and storytelling while also

teaching students how to think critically and determine what matters most to their readers. Visit the author's blog at www.dynamicsofwriting.com to get tips for teaching the course, industry related news, sample exercises & assignments, & more! Free Poster: How To Spot Fake News Also available with... Dynamics of Writing: An Exercise —Bundle this text with a student workbook and save! Your students save when you bundle this text with a corresponding student workbook. Order using bundle ISBN 978-1-5443-2155-4. Learn more. SAGE edge—FREE online resources for students that make learning easier. See how your students benefit.

writing com weight gain: *I Know This Much Is True* Wally Lamb, 1998-06-03 With his stunning debut novel, *She's Come Undone*, Wally Lamb won the adulation of critics and readers with his mesmerizing tale of one woman's painful yet triumphant journey of self-discovery. Now, this brilliantly talented writer returns with *I Know This Much Is True*, a heartbreaking and poignant multigenerational saga of the reproductive bonds of destruction and the powerful force of forgiveness. A masterpiece that breathtakingly tells a story of alienation and connection, power and abuse, devastation and renewal--this novel is a contemporary retelling of an ancient Hindu myth. A proud king must confront his demons to achieve salvation. Change yourself, the myth instructs, and you will inhabit a renovated world. When you're the same brother of a schizophrenic identical twin, the tricky thing about saving yourself is the blood it leaves on your hands--the little inconvenience of the look-alike corpse at your feet. And if you're into both survival of the fittest and being your brother's keeper--if you've promised your dying mother--then say so long to sleep and hello to the middle of the night. Grab a book or a beer. Get used to Letterman's gap-toothed smile of the absurd, or the view of the bedroom ceiling, or the influence of random selection. Take it from a godless insomniac. Take it from the uncrazy twin--the guy who beat the biochemical rap. Dominick Birdsey's entire life has been compromised and constricted by anger and fear, by the paranoid schizophrenic twin brother he both deeply loves and resents, and by the past they shared with their adoptive father, Ray, a spit-and-polish ex-Navy man (the five-foot-six-inch sleeping giant who snoozed upstairs weekdays in the spare room and built submarines at night), and their long-suffering mother, Concettina, a timid woman with a harelip that made her shy and self-conscious: She holds a loose fist to her face to cover her defective mouth--her perpetual apology to the world for a birth defect over which she'd had no control. Born in the waning moments of 1949 and the opening minutes of 1950, the twins are physical mirror images who grow into separate yet connected entities: the seemingly strong and protective yet fearful Dominick, his mother's watchful monkey; and the seemingly weak and sweet yet noble Thomas, his mother's gentle bunny. From childhood, Dominick fights for both separation and wholeness--and ultimately self-protection--in a house of fear dominated by Ray, a bully who abuses his power over these stepsons whose biological father is a mystery. I was still afraid of his anger but saw how he punished weakness--pounced on it. Out of self-preservation I hid my fear, Dominick confesses. As for Thomas, he just never knew how to play defense. He just didn't get it. But Dominick's talent for survival comes at an enormous cost, including the breakup of his marriage to the warm, beautiful Dessa, whom he still loves. And it will be put to the ultimate test when Thomas, a Bible-spouting zealot, commits an unthinkable act that threatens the tenuous balance of both his and Dominick's lives. To save himself, Dominick must confront not only the pain of his past but the dark secrets he has locked deep within himself, and the sins of his ancestors--a quest that will lead him beyond the confines of his blue-collar New England town to the volcanic foothills of Sicily 's Mount Etna, where his ambitious and vengefully proud grandfather and a namesake Domenico Tempesta, the *sostegno del famiglia*, was born. Each of the stories Ma told us about Papa reinforced the message that he was the boss, that he ruled the roost, that what he said went. Searching for answers, Dominick turns to the whispers of the dead, to the pages of his grandfather's handwritten memoir, *The History of Domenico Onofrio Tempesta*, a Great Man from Humble Beginnings. Rendered with touches of magic realism, Domenico's fablelike tale--in which monkeys enchant and religious statues weep--becomes the old man's confession--an unwitting legacy of contrition that reveals the truth's of Domenico's life, Dominick learns that power, wrongly used, defeats the oppressor as well as the oppressed, and now, picking through the humble shards of

his deconstructed life, he will search for the courage and love to forgive, to expiate his and his ancestors' transgressions, and finally to rebuild himself beyond the haunted shadow of his twin. Set against the vivid panoply of twentieth-century America and filled with richly drawn, memorable characters, this deeply moving and thoroughly satisfying novel brings to light humanity's deepest needs and fears, our aloneness, our desire for love and acceptance, our struggle to survive at all costs. Joyous, mystical, and exquisitely written, *I Know This Much Is True* is an extraordinary reading experience that will leave no reader untouched.

writing com weight gain: Saving Sara Sara Somers, 2020-05-12 For nearly fifty years, Sara Somers suffered from untreated food addiction. In this brutally honest and intimate memoir, Somers offers readers an inside view of a food addict's mind, showcasing her experiences of obsessive cravings, compulsivity, and powerlessness regarding food. *Saving Sara* chronicles Somers's addiction from childhood to adulthood, beginning with abnormal eating as a nine-year-old. As her addiction progresses in young adulthood, she becomes isolated, masking her shame and self-hatred with drugs and alcohol. Time and again, she rationalizes why this time will be different, only to have her physical cravings lead to ever-worse binges, to see her promises of doing things differently next time broken, and to experience the amnesia that she—like every addict—experiences when her obsession sets in again. Even after Somers is introduced to the solution that will eventually end up saving her, the strength of her addiction won't allow her to accept her disease. Twenty-six more years pass until she finally crawls on hands and knees back to that solution, and learns to live life on life's terms. A raw account of Somers's decades-long journey, *Saving Sara* underscores the challenges faced by food addicts of any age—and the hope that exists for them all.

writing com weight gain: 2k to 10k Rachel Aaron, 2017-08-21 I loved this book! So helpful! -- Courtney Milan, New York Times Best Selling author of *The Governess Affair* Have you ever wanted to double your daily word counts? Do you feel like you're crawling through your story, struggling for each paragraph? Would you like to get more words every day without increasing the time you spend writing or sacrificing quality? It's not impossible, it's not even that hard. This is the story of how, with a few simple changes, I boosted my daily writing from 2000 words to over 10k a day, and how you can, too. Expanding on her highly successful process for doubling daily word counts, this book--a combination of reworked blog posts and new material--offers practical writing advice for anyone who's ever longed to increase their daily writing output. In addition to updated information for Rachel's popular 2k to 10k writing efficiency process, 5 step plotting method, and easy editing tips, this new book includes chapters on creating characters that write their own stories, story structure, and learning to love your daily writing. Full of easy to follow, practical advice from a commercial author who doesn't eat if she doesn't produce good books on a regular basis, 2k to 10k focuses not just on writing faster, but writing better, and having more fun while you do it. *New for Fall 2013! This Revised Edition includes updates and corrections for all chapters!*

writing com weight gain: The Artist's Way Julia Cameron, 2002-03-04 With its gentle affirmations, inspirational quotes, fill-in-the-blank lists and tasks — write yourself a thank-you letter, describe yourself at 80, for example — *The Artist's Way* proposes an egalitarian view of creativity: Everyone's got it.—*The New York Times Morning Pages* have become a household name, a shorthand for unlocking your creative potential—*Vogue* Over four million copies sold! Since its first publication, *The Artist's Way* phenomena has inspired the genius of Elizabeth Gilbert and millions of readers to embark on a creative journey and find a deeper connection to process and purpose. Julia Cameron's novel approach guides readers in uncovering problems areas and pressure points that may be restricting their creative flow and offers techniques to free up any areas where they might be stuck, opening up opportunities for self-growth and self-discovery. The program begins with Cameron's most vital tools for creative recovery — *The Morning Pages*, a daily writing ritual of three pages of stream-of-conscious, and *The Artist Date*, a dedicated block of time to nurture your inner artist. From there, she shares hundreds of exercises, activities, and prompts to help readers thoroughly explore each chapter. She also offers guidance on starting a "Creative Cluster" of fellow artists who will support you in your creative endeavors. A revolutionary program for personal

renewal, *The Artist's Way* will help get you back on track, rediscover your passions, and take the steps you need to change your life.

writing com weight gain: Wired for Story Lisa Cron, 2012-07-10 This guide reveals how writers can utilize cognitive storytelling strategies to craft stories that ignite readers' brains and captivate them through each plot element. Imagine knowing what the brain craves from every tale it encounters, what fuels the success of any great story, and what keeps readers transfixed. *Wired for Story* reveals these cognitive secrets—and it's a game-changer for anyone who has ever set pen to paper. The vast majority of writing advice focuses on "writing well" as if it were the same as telling a great story. This is exactly where many aspiring writers fail—they strive for beautiful metaphors, authentic dialogue, and interesting characters, losing sight of the one thing that every engaging story must do: ignite the brain's hardwired desire to learn what happens next. When writers tap into the evolutionary purpose of story and electrify our curiosity, it triggers a delicious dopamine rush that tells us to pay attention. Without it, even the most perfect prose won't hold anyone's interest. Backed by recent breakthroughs in neuroscience as well as examples from novels, screenplays, and short stories, *Wired for Story* offers a revolutionary look at story as the brain experiences it. Each chapter zeroes in on an aspect of the brain, its corresponding revelation about story, and the way to apply it to your storytelling right now.

writing com weight gain: Model Rules of Professional Conduct American Bar Association. House of Delegates, Center for Professional Responsibility (American Bar Association), 2007 The Model Rules of Professional Conduct provides an up-to-date resource for information on legal ethics. Federal, state and local courts in all jurisdictions look to the Rules for guidance in solving lawyer malpractice cases, disciplinary actions, disqualification issues, sanctions questions and much more. In this volume, black-letter Rules of Professional Conduct are followed by numbered Comments that explain each Rule's purpose and provide suggestions for its practical application. The Rules will help you identify proper conduct in a variety of given situations, review those instances where discretionary action is possible, and define the nature of the relationship between you and your clients, colleagues and the courts.

writing com weight gain: Reading Like a Writer Francine Prose, 2012-04-01 In her entertaining and edifying New York Times bestseller, acclaimed author Francine Prose invites you to sit by her side and take a guided tour of the tools and tricks of the masters to discover why their work has endured. Written with passion, humour and wisdom, *Reading Like a Writer* will inspire readers to return to literature with a fresh eye and an eager heart - to take pleasure in the long and magnificent sentences of Philip Roth and the breathtaking paragraphs of Isaac Babel; to look to John le Carré for a lesson in how to advance plot through dialogue and to Flannery O'Connor for the cunning use of the telling detail; to be inspired by Emily Brontë's structural nuance and Charles Dickens's deceptively simple narrative techniques. Most importantly, Prose cautions readers to slow down and pay attention to words, the raw material out of which all literature is crafted, and reminds us that good writing comes out of good reading.

writing com weight gain: Does This Pregnancy Make Me Look Fat? Claire Mysko, Magali Amadeï, 2009-10 How to deal with your raging hormones.

writing com weight gain: No Meat Athlete Matt Frazier, Matt Ruscigno, 2013-10 Combining the winning elements of proven training approaches, motivational stories, and innovative recipes, *No Meat Athlete* is a unique guidebook, healthy-living cookbook, and nutrition primer for the beginner, every day, and serious athlete who wants to live a meatless lifestyle. Author and popular blogger, Matt Frazier, will show you that there are many benefits to embracing a meat-free athletic lifestyle, including: Weight loss, which often leads to increased speed; Easier digestion and faster recovery after workouts; Improved energy levels to help with not just athletic performance but your day-to-day life; Reduced impact on the planet. Whatever your motivation for choosing a meat-free lifestyle, this book will take you through everything you need to know to apply your lifestyle to your training. Matt Frazier provides practical advice and tips on how to transition to a plant-based diet while getting all the nutrition you need; uses the power of habit to make those changes last; and

offers up menu plans for high performance, endurance, and recovery. Once you've mastered the basics, Matt delivers a training manual of his own design for runners of all abilities and ambitions. The manual provides training plans for common race distances and shows runners how to create healthy habits, improve performance, and avoid injuries. No Meat Athlete will take you from the start to finish line, giving you encouraging tips, tricks, and advice along the way--

writing com weight gain: *How to Write a Novel* Nathan Bransford, 2019-10-15 Author and former literary agent Nathan Bransford shares his secrets for creating killer plots, fleshing out your first ideas, crafting compelling characters, and staying sane in the process. Read the guide that New York Times bestselling author Ransom Riggs called The best how-to-write-a-novel book I've read.

writing com weight gain: **Writing Your Way to Weight Loss: A Therapeutic Guide** Cassandra Fenyk, 2023-05-25 Writing Your Way to Weight Loss: A Therapeutic Guide is a comprehensive book that explores the powerful connection between writing therapy and weight loss. With a focus on self-discovery, mindfulness, and emotional healing, this guide provides practical techniques and insightful prompts to help individuals overcome emotional eating, self-sabotage, and other obstacles on their weight loss journey. Through the art of journaling, visualization, and coping strategies, readers will learn how to develop a healthy mindset, stay accountable, and maintain long-term progress. Packed with valuable information and actionable steps, this book serves as a supportive resource for anyone seeking a transformative approach to weight loss.

writing com weight gain: *Fat Land* Greg Critser, 2004-01-05 "An in-depth, well-researched, and thoughtful exploration of the 'fat boom' in America." —TheBoston Globe Low carb, high protein, raw foods . . . despite our seemingly endless obsession with fad diets, the startling truth is that six out of ten Americans are overweight or obese. In *Fat Land*, award-winning nutrition and health journalist Greg Critser examines the facts and societal factors behind the sensational headlines, taking on everything from supersize to Super Mario, high-fructose corn syrup to the high costs of physical education. With a sharp eye and even sharper tongue, Critser examines why pediatricians are now treating conditions rarely seen in children before; why type 2 diabetes is on the rise; the personal struggles of those with weight problems—especially among the poor—and how agribusiness has altered our waistlines. Praised by the New York Times as "absorbing" and by Newsday as "riveting," this disarmingly funny, yet truly alarming, exposé stands as an important examination of one of the most pressing medical and social issues in the United States. "One scary book and a good companion to Eric Schlosser's *Fast Food Nation*." —Seattle Post-Intelligencer

writing com weight gain: *She's Come Undone* Wally Lamb, 2012-12-11 Meet Dolores Price. She's thirteen, wise-mouthed but wounded. Beached like a whale in front of her bedroom TV, she spends the next few years nourishing herself with the chocolate, crisps and Pepsi her anxious mother supplies. When she finally rolls into young womanhood at 257 pounds, Dolores is no stronger and life is no kinder. But this time she's determined to rise to the occasion and give herself one more chance before really going belly up. In his extraordinary coming-of-age odyssey, Wally Lamb invites us to hitch an incredible ride on a journey of love, pain, and renewal with the most heartbreakingly comical heroine to come along in years. At once a fragile girl and a hard-edged cynic, so tough to love yet so inimitably loveable, Dolores is as poignantly real as our own imperfections.

writing com weight gain: *Still Writing* Dani Shapiro, 2013-10-01 This national bestseller from celebrated novelist and memoirist Dani Shapiro is an intimate and eloquent companion to living a creative life. Through a blend of memoir, meditation on the artistic process, and advice on craft, Shapiro offers her gift to writers everywhere: a guide of hard-won wisdom and advice for staying the course. In the ten years since the first edition, *Still Writing* has become a mainstay of creative writing classes as well as a lodestar for writers just starting out, and above all, an indispensable almanac for modern writers.

writing com weight gain: **Today I Am Carey** Martin L. Shoemaker, 2019-03-05 REMARKABLE DEBUT NOVEL FROM CRITICALLY ACCLAIMED AUTHOR MARTIN L. SHOEMAKER. Shoemaker proves why he has consistently been praised as one of the best story writers in SF today with this touching, thoughtful, action-packed debut novel, based on his

award-winning short story *Today I am Paul*. TODAY Mildred has Alzheimer's. As memories fade, she acquires the aid of a full-time android to assist her in everyday life. Carey. Carey takes care of Mildred, but its true mission is to fill in the gaps in Mildred's past. To bring yesterday into today by becoming a copy. But not merely a copy of a physical person. A copy from the inside out. I AM After Mildred passes, Carey must find a new purpose. For a time, that purpose is Mildred's family. To keep them safe from harm. To be of service. There is Paul Owens, the overworked scientist and business leader. Susan Owens, the dedicated teacher. And Millie, a curious little girl who will grow up alongside her android best friend. And Carey will grow up with her. Carey cannot age. But Carey can change. CAREY Carey struggles. Carey seeks to understand life's challenges. Carey makes its own path. Carey must learn to live. To grow. To care. To survive. To be. At the publisher's request, this title is sold without DRM (Digital Rights Management). Praise for *Today I Am Carey*: Kindness, love, and compassion make Carey an empathetic character through which to view Shoemaker's complex, beautiful world.—Publishers Weekly “. . . takes readers on a journey of self-discovery, coming of age, and ultimately life itself. . . . Carey's development as a character is fascinating. VERDICT This exploration of artificial life in the vein of Isaac Asimov's *I, Robot* provides fresh insight into the human experience.”—Library Journal Martin Shoemaker proves conclusively that while a science fiction novel must have the trappings of science fiction, it is at its strongest when it is about people, even an artificial (but emotional) person named Carey.—Mike Resnick “A dazzling ride through the near future. I enjoyed it thoroughly. I've never seen anything remotely like it.”—Jack McDevitt “Martin Shoemaker is a rare writer who can handle the challenges of dealing with future technology while touching the human heart. This is a must-read!—David Farland, New York Times Best-selling Author Praise for the work of Martin L. Shoemaker: Martin Shoemaker's 'Black Orbit' is a more conventional Analog adventure, and a very good example of such . . . a really solid story. — Rich Horton, Locus Online ['Bookmark'] is an exceptional example of how to discuss deep moral and philosophical issues while maintaining a tight narrative that brings the reader along. This story will be added to the required readings for my SF classes. – Robert L Turner III, Tangent Online

writing com weight gain: *Why We Sleep* Matthew Walker, 2017-10-03 Sleep is one of the most important but least understood aspects of our life, wellness, and longevity ... An explosion of scientific discoveries in the last twenty years has shed new light on this fundamental aspect of our lives. Now ... neuroscientist and sleep expert Matthew Walker gives us a new understanding of the vital importance of sleep and dreaming--Amazon.com.

writing com weight gain: *The F*ck It Diet* Caroline Dooner, 2019-03-26 “The F*ck It Diet is not only hilarious, it is scientifically and medically sound. A must read for any chronic dieter.” –Christiane Northrup, MD, New York Times bestselling author of *Women's Bodies, Women's Wisdom* From humorist and ex-diet junkie Caroline Dooner, an inspirational guide that will help you stop dieting, reboot your relationship with food, and regain your personal power DIETING DOESN'T WORK Not long term. In fact, our bodies are hardwired against it. But each time our diets fail, instead of considering that maybe our ridiculously low-carb diet is the problem, we wonder what's wrong with us. Why can't we stick to our simple plan of grapefruit and tuna fish??? Why are we so hungry? What is wrong with us??? We berate ourselves for being lazy and weak, double down on our belief that losing weight is the key to our everlasting happiness, and resolve to do better tomorrow. But it's time we called a spade a spade: Constantly trying to eat the smallest amount possible is a miserable way to live, and it isn't even working. So fuck eating like that. In *The F*ck It Diet*, Caroline Dooner tackles the inherent flaws of dieting and diet culture, and offers readers a counterintuitively simple path to healing their physical, emotional, and mental relationship with food. What's the secret anti-diet? Eat. Whatever you want. Honor your appetite and listen to your hunger. Trust that your body knows what it is doing. Oh, and don't forget to rest, breathe, and be kind to yourself while you're at it. Once you get yourself out of survival mode, it will become easier and easier to eat what your body really needs—a healthier relationship with food ultimately leads to a healthier you. An ex-yo-yo dieter herself, Dooner knows how terrifying it can be to break free of the vicious cycle, but

with her signature sharp humor and compassion, she shows readers that a sustainable, easy relationship with food is possible. Irreverent and empowering, *The F*ck It Diet* is call to arms for anyone who feels guilt or pain over food, weight, or their body. It's time to give up the shame and start thriving. Welcome to the F*ck It Diet. Let's Eat.

writing com weight gain: *Syndrome W* Harriette R. Mogul, 2010 Explains clearly what you need to know about Syndrome W--a metabolic condition due to an abnormality in your insulin levels and commonly found in women in their 30s through 60s. Now, Dr. Mogul, the physician who discovered the condition shows it can be reversed when properly diagnosed and treated. Dr. Mogul gives you (and your doctor) all the tools you need to find and fix Syndrome W.

writing com weight gain: *The Scribe Method* Tucker Max, Zach Obront, 2021-04-15 Ready to write your book? So why haven't you done it yet? If you're like most nonfiction authors, fears are holding you back. Sound familiar? Is my idea good enough? How do I structure a book? What exactly are the steps to write it? How do I stay motivated? What if I actually finish it, and it's bad? Worst of all: what if I publish it, and no one cares? How do I know if I'm even doing the right things? The truth is, writing a book can be scary and overwhelming—but it doesn't have to be. There's a way to know you're on the right path and taking the right steps. How? By using a method that's been validated with thousands of other Authors just like you. In fact, it's the same exact process used to produce dozens of big bestsellers—including David Goggins's *Can't Hurt Me*, Tiffany Haddish's *The Last Black Unicorn*, and Joey Coleman's *Never Lose a Customer Again*. The Scribe Method is the tested and proven process that will help you navigate the entire book-writing process from start to finish—the right way. Written by 4x New York Times Bestselling Author Tucker Max and publishing expert Zach Obront, you'll learn the step-by-step method that has helped over 1,500 authors write and publish their books. Now a Wall Street Journal Bestseller itself, *The Scribe Method* is specifically designed for business leaders, personal development gurus, entrepreneurs, and any expert in their field who has accumulated years of hard-won knowledge and wants to put it out into the world. Forget the rest of the books written by pretenders. This is the ultimate resource for anyone who wants to professionally write a great nonfiction book.

writing com weight gain: *Where is the Green Sheep?* Mem Fox, 2004 A story about many different sheep, and one that seems to be missing.

writing com weight gain: *Using Narrative Writing to Enhance Healing* Bird, Jennifer Lynne, 2019-11-01 The fields of writing as healing and health coaching have expanded to aid in the physical and emotional healing of patients. Using writing as a healing method allows patients to create new perspectives of their healing processes and professionals to propose new methods of healing that promote and maintain a positive outlook. *Using Narrative Writing to Enhance Healing* is an essential scholarly publication that approaches healing through the fields of education and medicine. Featuring a wide range of topics such as collaborative narratives, patient education, and health coaching, this book is ideal for writing instructors, physical therapists, teachers, therapists, psychologists, mental health professionals, medical professionals, counselors, religious leaders, mentors, administrators, academicians, and researchers.

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her back down flat on his desk. All of his biological carnal urges took over his better judgement with an unstoppable force of repressed desire and testosterone that was completely unleashed as he licked her nipples and moved his lips slowly down her stomach with Nicole being way too turned on to let self-consciousness deter her pleasure. He removed her snug fitting skimpy panties and slipped himself inside of her. She felt so warm and inviting, it was pure ecstasy. She was such a goddess. The type of woman he had lusted over privately for years. The type of woman whose beauty entitles her to avoid all gym-torture and instead lead a cushy, pampered lifestyle, and let her self indulgence make her more desirable than words could allow, only her moans and gasps of extreme blissful pleasure could do it justice.'

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