



On Being Stuck: Tapping Into the Creative Power of Writer's Block

Laraine Herring

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What if writer's block became your most precious teacher? An empowering new process for writers who struggle with the seemingly insurmountable middle of a project, from the author of *Writing Begins with the Breath*.

Writer's block. If you are a writer, you know it can be a haunting, terrifying force—a wolf at the door, a vast conspiracy, something that keeps you up at night, spinning your wheels, going nowhere. But what if we've been thinking about writer's block all wrong? What if, by *paying attention* to its qualities and inquiring into its hidden gifts, we can release that power?

On Being Stuck is an empowering guide to working *with* your blocks and finding the friend within the beast. Using deep inquiry, writing prompts, body and breath exercises, and a range of interdisciplinary approaches, *On Being Stuck* will help you uncover the gifts hidden within your creative blocks, while also deepening your relationship to your work and reawakening your creative process.



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