

[E-BOOK] Writers Rehab: A 12-Step Program for Writers Who Can't Get Their Acts Together

# Writers Rehab: A 12-Step Program for Writers Who Can't Get Their Acts Together

*DB Gilles*

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**DB Gilles : Writers Rehab: A 12-Step Program for Writers Who Can't Get Their Acts Together** before purchasing it in order to gage whether or not it would be worth my time, and all praised Writers Rehab: A 12-Step Program for Writers Who Can't Get Their Acts Together:

0 of 0 people found the following review helpful. From Victim to Writer in 12 StepsBy Wendy A DutwinI had the incredible honor of taking screenwriting classes with DB when I was at NYU's Tisch School of the Arts. He was a

straight shooter then and continues that "tell it like it is" attitude in *Writers Rehab: A 12-Step Program for Writers Who Can't Get Their Acts Together*. As a sober member of AA for almost six years, I know how the addict mind needs to be told to sit down, shut up and listen if recovery is the goal. I know what it's like to have to look at all the dark corners of my life in order to move out of victim mode into a purpose filled life. What I didn't know is how my addictive thinking bled into my life as a writer. Thanks to DB, I have been shown how those 12 Steps that save me each day from the destruction of drinking now work in service of my life as a writer. He is clear and direct, because *Writers Rehab* blasts through the nonsense that our procrastinating writer would have us believe. The result is the page remaining blank yet another day. DB is a writer's sponsor, and like any good sponsor, he knows that coddling doesn't work any more for the writer than it does for the addict. It's exactly what the blocked writer needs, to be shaken out of their rut and to be given a straightforward blueprint to get themselves into action. It's a genius premise and any writer, whether familiar with the 12 Steps or not, will find it an invaluable tool to stop rationalizing, stop making excuses and to simply get down to business and do the creative work that is calling us. This is a must have for all writers, 12 solid lessons that we can practice again and again to keep us writing and not just talking about writing. 0 of 0 people found the following review helpful. **The Great and Powerful Gilles!** By AJ Meyers I was fortunate to have D.B. Gilles as a teacher at NYU many moons ago, and to this day, I wish I could still be in school because of his wisdom, inspiration and humor. He is a writer's writer. Following his advice and dedicating myself to the craft has made all the difference, and I encourage anyone interested in breaking through the block and staying focused on the page to pick up one of his books. 12-Step is great for writers who need help isolating and building the right habits to achieve success, and his previous book, *The Screenwriter Within*, never leaves my desk when I work! I am now a professional screenplay analyst and recommend his stuff to all of my clients as suggested reading. [Full Disclosure: I do not know D.B. personally (outside of the classroom almost 16 years ago) and this review is entirely independent and without any motive other than to encourage other writers to break free from bad habits and focus on their craft.] 0 of 0 people found the following review helpful. This makes me so happy! By Cynthia T. I've always enjoyed Mr. Gilles' approach to writing. It's not airy-fairy, but instead, very pragmatic with just the right amount of positive thinking. If I can't finish something I start, guess whose fault it is? (Clue: if you blame anyone but yourself you're wrong!) The successful writers don't endlessly sabotage themselves in minefields of their own creation. Recognize and avoid those traps before your work succumbs to it. I love how this book makes me feel more focused and confident. You know what? There IS a process to finishing what you start. Mr. Gilles' approach is 12-step based. Each chapter has an intriguing yet common sense exercise that moves you forward. It really does work. The best part? Let's be practical for a second. The size of the book is terrific! It's just right for keeping in your purse or jacket pocket. (after all, what good is a big, honking book that's home on a bookshelf?) You'd be surprised how many times during the day I reach for it just to re-read my favorite passages!

*Writers Rehab* is designed to be a comprehensive self-help book in the form of a 12-step program for writers dealing with emotional or psychological roadblocks with their writing.