



# **The Writer's Workout: 366 Tips, Tasks, & Techniques from Your Writing Career Coach**

*Christina Katz*

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**The inspiration, stamina, and power to take charge of your writing life every day.**

Get the daily jolt of energy your writing life needs from *The Writer's Workout*. Inside you'll find manageable, no-nonsense techniques for every aspect of your writing career from getting organized to connecting with your audience to building relationships.

Veteran writing coach **Christina Katz** draws on her knowledge from more than a decade in the business to give you tips, exercises, and insider strategies to build your skills.

Make your writing as strong and powerful as possible.

Pitch and sell your work at every opportunity.

Overcome rejection to come back better than ever.

Promote your work and build an audience.

Learn how to balance your creative life with your daily life.

With *The Writer's Workout*, you'll develop skill, strength, and confidence everything you need to build a robust, unique writing career that's built to last.

Bonus online exclusive: Download a free motivational poster to keep you moving as you build your writing career at [writersdigest.com/writers-workout](http://writersdigest.com/writers-workout).

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## The Writer's Workout: 366 Tips, Tasks, & Techniques from Your Writing Career Coach Details

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Author : Christina Katz

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# **From Reader Review The Writer's Workout: 366 Tips, Tasks, & Techniques from Your Writing Career Coach for online ebook**

**Stephanie McCratic says**

It works if you work it. I'm still working on that.

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**Gregg Rowe says**

I really enjoyed working through this workbook over the past year.

If you choose this workbook as a tool, stick with it as you progress through the four seasons of writing as well as progressing as a writer.

Christina Katz has three "Writer's Digest" books to her credit, so you know this is going to good.

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**Jude Bown says**

This is such a motivating book...my copy is overflowing with stickies, notes, smiley faces and stars! Nothing motivates a writer like tried and true tips. Christina, you rocked this!

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**T.L. Cooper says**

Christina Katz's latest book, The Writer's Workout, encourages writers to strengthen their skills, increase their endurance, and stretch their limitations as they train for the marathon that is the writing life. Like fitness in life, a writer's career is only healthy if the writer devotes proper time and attention to developing strength, endurance, and flexibility. Katz provides 366 short essays that inspire, educate, and encourage writers to keep their writing careers in shape no matter where they're at in their career. Katz pours her years of experience writing and teaching into the pages of The Writer's Workout. Each essay reminds the writer to nurture his/her career with growth and prosperity in mind. Katz remains consistent with her teachings throughout the book expanding on the teachings as they need to grow in a writer's career. The Writer's Workout is a workout every writer needs to do to keep his/her career healthy, productive, and prosperous.

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**Debbie Johansson says**

This book was separated into four different sections, one of each season. Spring being the basic and working up to winter for the more professional writer. I worked my way slowly through the book from spring all the way to winter, making notes along the way. I'm glad I did because there is a fair amount to get through and now that I've finished, I'll be going back to do some of the exercises.

As Christina teaches, I felt I was taught in the comforts of my own home. She has a common sense approach to writing and platform building, which is a welcome change in these hectic times within new media. Recommended for beginners and professionals alike.

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### **Cindy Hudson says**

As I've been creating my resolutions and goals for 2012 this week, I've also been reading Christina Katz's new book for writers, *The Writer's Workout: 366 Tips, Tasks, & Techniques From Your Writing Career Coach*. Over the years I've taken many online writing classes from Christina and read her other books for writers. Each one has boosted my writing career in just the way I needed it at the moment, and I expect it to be the same with *The Writer's Workout*.

Just as the subtitle says, this book is chock full of short, easy to digest tips, suggestions and other ideas for writers at all levels, whether they are just getting started or have been writing for some time. Each page starts with an inspirational quote that sets the tone for the advice to come. For instance, tip number 166 is titled, "Consider Specializing." It starts with a quote from Joyce Carol Oates about connecting with your true subject. Katz's advice on what it means to specialize and how to do it follows.

*The Writer's Workout* is organized into four sections according to the seasons starting with spring. In her intro, Katz says you can think of this as the seasons of the year or the seasons of your writing career. She also says it's up to you whether you read one page a day, or "blaze through the whole book." I've chosen to do both. I've been blazing through this week, and with the start of the new year I plan to read one new page every day. I expect I'll skip around instead of reading one page after another. That way I can find a topic that may be especially relevant to me at the moment. But starting my writing day with a bit of inspiration and a nudge in the direction I want to go can only help me be more focused and productive at what I do.

I've also discovered in my "blazing through" that just because the advice comes in small bites doesn't mean it's something you can read quickly and move on. This is good stuff that you'll want to mull over and think about for a while so you can determine what it means to you and your writing career at the moment.

Reading *The Writer's Workout* daily is one of my new year's resolutions. Consider making it one of yours.

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### **Kim says**

I bought this as an ebook, but loved it and referred to it so often for inspiration I bought a paperback version too.

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### **Sue says**

Another great book for budding writers. This is a read through then keep handy book.

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## **Zack Long says**

I started out loving this but by the end it had become so repetitive (sometimes even repeating items within the same list) that it went from being enlightening to being an absolute drain. Christina Katz did not have 365 different pieces in her – some are as simple as "here's three books I like" and "aren't movies neat?" It's a shame, if this had been half the length, it could have been something special.

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## **Pam Torres says**

I read through it the first time and now I'm going back with more attention and application of each of the principals. This is a great manual for people serious about making their writing a career, a successful one! Thank you Christina!!

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## **Angie Mangino says**

The Writer's Workout

By Christina Katz

2011

Reviewed by Angie Mangino

Rating: 5 stars

Are you looking to become a writer?

Are you already a writer who is looking to grow your career?

The down-to-earth advice Christina Katz shares in The Writer's Workout covers not only each season of the year to inspire writers, but also each season of a writer's career.

In the spring of your life as a writer, it is time to awaken and get going. You find your stride in the summer, and become recognizable in the fall. The winter finds you able to coach yourself, but despite your accomplishments, there is always room to open to new directions while you stay prolific.

Christina Katz gives writers the choice: read a page a day over the course of a year, read all at once as a complete immersion into the writing life, or pick the sections in whatever order needed.

Whatever choice the writer makes, this writer is certain that writers will keep this book readily available for returning to repeatedly, both for reference and for that needed jolt of encouragement.

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## **Peggy Bird says**

Christina Katz is an excellent writing coach and this, her latest book, is a compilation of much of the advice she gives in her classes. Her writing style is clear and easy to follow and this book, with one tip per page, is

easy to dip into and begs the reader to flip back and forth from section to section. There are lots of good pieces of advice on creating a platform and using social media. Many of the tips are obviously more suited to a non-fiction writer and certainly for someone who writes short pieces, not novels. But still it's worth the read for the tips that resonate.

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### **Michael says**

A "gentle taskmaster" is how Christina Katz is often described by those who have read her books and listened to her speak at conferences. The Writer's Workout will take you on a year-long journey that will challenge you and your resolve to become the writer that is perhaps, hiding, deep within you. I found myself looking forward to each day's reading, tasks and challenges and now feel ready for my next steps to becoming the writer I know I will be. You will find yourself wanting to write EVERY SINGLE DAY - I do. I am. This is a most precious gift any writer could receive!

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### **Dana says**

This book is the best hands-on, get your writing on fire book I've seen! I confess to not having finished reading it yet because I keep getting all re-inspired and going off to my writing! To me, that's what a great coach does--gets me inspired to do my thing and do it well. I've recommended The Writer's Workout numerous times already and will continue to do so to any writer out there.

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### **Christa says**

It should come as no surprise from long-time readers and students of Christina Katz that with this latest book she delivers another volume of practical, down-to-earth writing advice that's also a joy to read. I've read many wonderful writing books, but what differentiates this one is how Christina takes into consideration the entire writer experience as we try to balance writing with the day-to-day demands of living life. From addressing our work environment and organization processes to platform development and the ups and downs of the writing experience as we pursue our goals, the wealth of information in this book may make it one of her best yet.

Over the years, I've come to trust Christina not only for her intuitive wisdom, voice of reason and experience as a writer, but also for her integrity as a teacher and a coach. In an age where it's easy to get overwhelmed with advice, tips and information, it's reassuring to find someone who has her students'/readers' best interests at heart and her unique approach comes through in "The Writer's Workout."

When I first got the book, I assumed I'd get through it in no-time with the way it is broken down into 366 one-page lessons/tips/advice. This book has so much information, however, I found it served me better to slowly work my way through it. Now, the book is filled with dog-ears and flags reminding myself to re-read

the valuable nuggets of advice and information. I found the last chapters especially inspiring, meaningful and encouraging.

I highly recommend this book to any writer looking for sound advice and techniques while understanding that success doesn't usually happen overnight (as much as we wish it did!). As any good athlete knows, there's just no getting around the fact that quiet determination, hard work, self-care, dedication and keeping it all in perspective is key to a long, healthy career....and it's no different for the writer.

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