



WRITING WARRIORS

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WRITING COACHING WITH NO READING OR EDITING

This service is custom designed to each individual writer's specific needs and requests. Some examples of writing coaching might include: goal setting, brainstorming, discussing manuscripts and/or ideas still in development, working on motivational or productivity issues, providing writing exercises and/or prompts, submission guidance/brainstorming, managing writers' block, rejections and setbacks.

Pricing:

\$80 per hour; OR contract in advance for ten-hours (renewable) at \$750. The 10 hours can be put to use in a combination of ways, allows maximum flexibility, and affords the writer the ability to control the flow of work to suit changing circumstances.

WRITING COACHING WITH READING – General manuscript-in-progress

This service is designed to help you develop and rework a book manuscript, essay, or short story. **Please note: I do not work with poetry development.** This service consists of specific suggestions for development of your work and observation of what is working as well as guidance on craft and style. We will also discuss, as per your request, obstacles and desires and other philosophical challenges with the writing.

Pricing:

\$100 for a one-hour session focused on up to 20 manuscript pages (double spaced, 12 point standard font) per session. (\$50/20 pages afterwards) If you wish to do this only on-line (no phone consultation), then the fee is \$80 for up to 20 manuscript pages (double spaced, 12 point standard font). I will provide you with written feedback of the manuscript's strengths, areas for improvement, and suggestions for further development.

MANUSCRIPT EVALUATION

This service is for a review of a completed book-length manuscript (approximately 50-100,000 words) for a general opinion of the manuscript's strengths, weaknesses, and viability. I will provide you with a written response (length of response varies based on length of work submitted) outlining the manuscript's strengths, places for improvement, and suggestions for further development. It is done from a global perspective but also points out specific examples. This service is **not** a copyediting or line editing service, and does **not** involve a phone consultation.

Please understand that publishing is volatile and unpredictable, and that tastes and opinions vary. No one can tell you with certainty if your work will or will not be published.

Pricing [based on manuscripts prepared: double-spaced, 12-point type (Times New Roman or Courier), 1.5 inch margins top & bottom; 1-inch margins L&R; roughly 250 words/page]:

First 25 pages (1-25): \$5.00/page

Next 25 pages (26-50): \$4.00/page

Next 50 pages (51-100): \$3.50/page

(Example: total for 100 pages: \$400.)

Beyond 100 pages (101 - ...): \$3./page

(Example: total for 300 pages: \$1,000.)

CRITIQUES OF SYNOPSSES, BOOK PROPOSALS, AGENT LETTERS

Pricing:

Synopsis, up to two pages: \$125.

Book Proposal, up to 30 pages: \$250.

Agent letter, one page: \$75.

These include a written critique as well as limited line/copy edits.

At this time, I am not offering copyediting or line editing services on any projects.

I work with individuals at many stages of their writing careers, including:

- first-time authors writing nonfiction or fiction (with or without an agent or publishing contract);
- experienced authors who may be crossing genres, working on very different projects than before, or simply in need of input;
- writers who wish to boost their output, expand their craft development, polish skills, or break out of a writing rut;
- writers/editors who need additional help on major projects, such as an essay collection or anthology, novel, etc;
- writers preparing portfolios for fellowships, residencies, MFA admission and other opportunities;
- professionals in other fields who are struggling with various aspects of writing, editing, and navigating the publishing world;
- writers who are planning to self-publish.

Any writing to be evaluated must be sent via e-mail to: laraineherring@cableone.net as an attachment (.rtf, .doc, or .docx file types only). Manuscripts will be returned as an e-mail attachment with comments written using the "Track Changes" feature in MS Word.

All phone consultations times are **Mountain Standard Time**. The client is responsible for long distance fees. Note: I live in Arizona, which does not observe daylight savings time.

Notes about fees and payments:

- A letter of agreement is prepared which sets out the terms and expectations for myself and the writer.
- The \$750/10-hour rate option is payable up front; if we don't use all the hours, you will receive a refund, less a 25% kill fee.
- Coaching fees are payable as we go, due on the day of the phone consultation.
- General manuscript consulting fees are payable 50% when manuscript is submitted; 50% when feedback is completed.
- Payment is **ONLY** accepted via **PayPal**. Invoices provided.
- There is a minimum charge of \$80 on small projects.

Other Considerations:

- We will set out a schedule in advance, depending on the scope of the project and how many other projects are in line, and my current workload. Not only am I a working writer, but I also have a full time teaching job working with 100+ students per semester. My time for additional work is limited.
- Certain times of the year, due to travel, work obligations, or other writing deadlines, I am not available for consultations. We will discuss these time frames, which vary from year to year, when we enter into an agreement together to ensure the timeframes for our coaching sessions will work for both of us.
- No one can make you write. No one can sit in the chair for you. Make certain you are prepared to look within for answers as well as work with outside guidance. No teacher, writing coach, or editor can "unblock" you or write a masterpiece for you.
- Go within. Are you ready to let go of things that may not be serving you? Are you prepared to try things that may seem unrelated to writing? Are you ready to move into a body-based connection with your writing rather than a head-based one? Are you prepared to get out of your own way and let your work speak *through* you, rather than being dictated *by* you?

THE WRITING WARRIOR PHILOSOPHY

If true freedom is going to survive within you, you have to be willing to fight for it. You have to have a sword in each hand at all times. One sword is for your own mind and the other sword is for everyone else's mind. You must be ready to use them. Anyone who wants to be truly free must be willing to stand alone in the truth.

- Andrew Cohen

The beginning always starts off easy. "I want to write a book," you say. So, maybe you take a class or two. Maybe you buy a book on writing. Maybe you join a critique group. In the beginning, you are filled with possibilities, burning with potential and promise. In the beginning, you really believe in one semester you can learn all there is to learn about writing and be on your way to the Great American Novel. And then the beginning, with its sweet kisses and daily flower deliveries, turns into the middle. What was once svelte and flexible and able to party until 3 am and still go to work the next day, turns into the same old stories, the same old morning routine, the same old conversation over and over and over.

"This is no longer love!" you exclaim, and toss your idea, once burning with fire and promise, onto the pyre of self-loathing and vow to start anew with something fresher, more exciting, more flexible and inspiring than ever before. These new kisses are even sweeter, the flowers ever more fragrant. This is the one. And then this beginning becomes a middle. And this middle has a spare tire around its belly. And this middle lost its job. And this middle's eyesight is failing. What to do? This one was the one! Obviously, you don't know how to pick 'em. Next time you'll pick one even younger. Stronger. With a faster car.

Stop.

Anyone can fall in love. Not just anyone can stay in love.

The path of the Writing Warrior is about staying in love. The path of the Writing Warrior is about ruthless self-study. The Writing Warrior gazes in the mirror and notices, without judgment, what she sees. She is also aware that she cannot see it all. The Writing Warrior acknowledges that he sees the world through lenses, and he knows each lens creates a distortion. He has the courage to remove the lenses as he becomes aware of them, and he also has the courage to know when he still needs a lens.

The Writing Warrior stands steady in the center of her work, not reaching too far into the past or too far into the present. She is rooted to the earth and her spine is reaching toward heaven. She identifies and acknowledges the distractions and illusions in her path, and with compassion and clarity, strikes them down. She is aware of her patterns and tendencies to get in her own way, and she can laugh at herself, openly and with wide lips.

He knows his time on earth is finite and wants to live it fully. He knows he has essays to write, stories to share, poems to create, and he knows it is his responsibility to write them. She knows that writing is sacred, that it carries great power, and that it takes work. She knows that though the stories and poems appear as gifts, they require her diligence, her patience, and her discipline to realize their full potential. He must be alert. She must be faithful.

The Writing Warrior's pen is a sword used both to slice away the illusions of her own mind and the illusions of the world around her. The Writing Warrior does not pick up the pen lightly. He respects its power, its magic, and its teachings. He knows it carries responsibilities. She steps up to the page, the battlefield of the morning, bows to the pen, the page, and to herself. She is ready to cut away what does not serve. He is ready to carve out a new landscape. The pen is also ready, and bows to the warrior, offering its ink as a sacred covenant.

Welcome to the path. We have been waiting for you.

Jai bhagwan.

About me: I have an MFA in creative writing and an MA in counseling psychology. I have been teaching creative writing for almost twenty years. I have developed numerous workshops using writing as a healing tool through grief and loss. My work has been nominated for a Pushcart Prize and has won the Barbara Deming Award for Women. I have studied Taoism extensively, and my approach to the writing process involves a deep connection with the physical and energetic body. My work includes: *The Writing Warrior: Discovering the Courage to Free Your True Voice* (Shambhala 2010), *Writing Begins with the Breath: Embodying Your Authentic Voice* (Shambhala 2007), *Lost Fathers: How Women Can Heal from Adolescent Father Loss* (Hazelden 2005), and the forthcoming novel, *Ghost Swamp Blues* (White River 2010).

I blog on writing and teaching at <http://laraineherring.blogspot.com>. I teach workshops on writing and yoga at the Omega Institute in Rhinebeck, New York, and the Kripalu Center for Yoga in Lennox, MA. Currently, I am the director of the creative writing program at Yavapai College in Prescott, AZ. We are a recognized AWP writing program.

