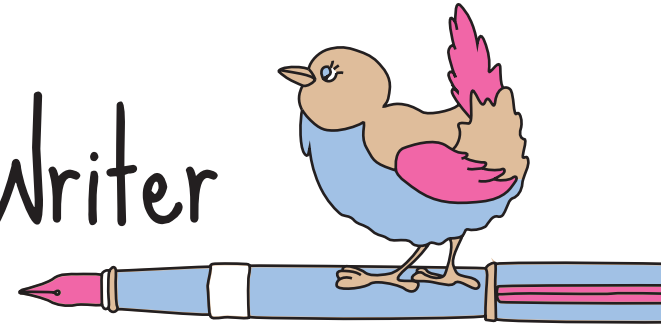
A whimsical illustration of a notebook with a white cover and a black spine. The notebook is open, showing two blank pages. Various colorful birds and leaves are scattered around the notebook. A large brown leaf is on the top left, a pink leaf is on the top center, and a large brown leaf is on the top right. A blue bird is on the left page, a pink bird is on the right page, and a blue bird is on the bottom left. A pink bird is on the bottom right. A blue bird is on the left page, a pink bird is on the right page, and a blue bird is on the bottom left. A pink bird is on the bottom right. A blue bird is on the left page, a pink bird is on the right page, and a blue bird is on the bottom left. A pink bird is on the bottom right. The title "52 Quotes To Inspire Your Inner Writer" is written in a large, black, cursive font across the center of the notebook pages.

52 Quotes To Inspire Your Inner Writer

Jackee Holder

Welcome to

52 Quotes To Inspire Your Inner Writer



For the last fifteen years I've been collecting quotes about the writing and creative life. These quotes, often personal and inspirational have at times been life altering and many I've returned to for guidance time and time again.

I've collected some of my favourite quotes in this new e-book as a gift to support you on the journey to becoming a writer and awakening your inner writer. Writing is a practice that requires working at and sometimes that practice flows and sometimes the practice feels sluggish or is barely happening at all.

My vision is that one or more of these quotes will speak to you during those moments and motivate you at a time when you may have run out of steam, can't find the words or you're feeling truly blocked.

I've experienced the craft of writing down quotes as being both therapeutic and contagious. Whenever I come across a good quote that grabs me I get so excited. Over time I've gone from collecting quotes mainly from

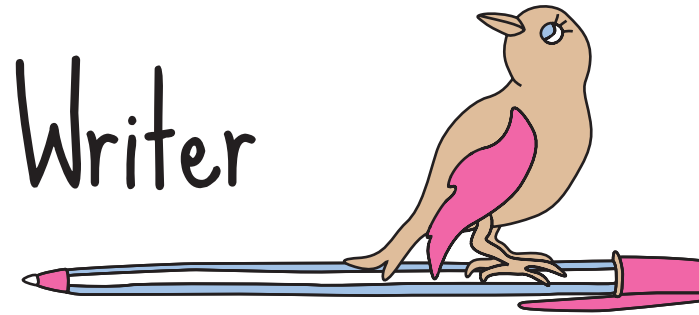
books to amassing quotes sourced from films, television programmes, the radio, magazine articles, adverts and everyday conversations. I experience a deep sense of satisfaction when a good quote gets recorded on an index card in pen.

To be honest, I have a bit of what I deem a healthy obsession with quotes and will always regret not writing down the source of one particular quote I came across years ago which went something like, "Shatter the pieces of my broken heart so I can create a new room for unconditional love." My intuition tells me that those words came out of the mouth of one of the great poets like Rumi or Hafiz but who's to say? That's why I carry around index cards in all my bags so good quotes and where they originated from no longer escape me.

I treat my quotes like precious items and handle them with tenderness and care the way a jeweler would a diamond or a mother, a new-born baby. If I could I would get them insured and that's no lie. The thought of losing my massive

Welcome to

52 Quotes To Inspire Your Inner Writer



collection of quotes is too horrendous to think about and they're definitely one of the first things I would grab if my house was on fire.

My quotes have served me well over the years. I have lost count of the number of times in the middle of drafting an article when I've suddenly remembered the exact quote that would fit like a glove to reinforce whatever I am writing about. And even though many of these quotes were sourced from creative writing and non-fiction books, most of the quotes transcend beyond the boundaries of the writing and creative life and are quotes that offer insights for life itself.

Over the years I've also seen an increasing number of my own quotes get added to the collection so I've made sure that some of my own words have made it into this e-book.

Here are a few suggestions for ways of engaging with your writing quotes.

- Write or enter a weekly quote into your phone, notebook or journal and hold it lightly as you go about your day-to-day routine.
- Write or print out your quote in fancy lettering and display somewhere where it's easy to see.
- Share your favourite quotes in cards, letters (do you still write them?) or email messages
- Use a quote as a prompt to stimulate your writing practice.
- Write about what drew you to the quote, your relationship or knowledge about the author and what it is about the quote that resonates with you.
- Inscribe the quote in pen on your skin. Choose a place on your body that's mainly visible to you. I've adopted writing positive and affirming words and quotes on the inside of my left wrist.

Welcome to

52 Quotes To Inspire Your Inner Writer

- Make a note of any of the quotes you relate to and begin to build a quote collection of your own if you haven't done so already.

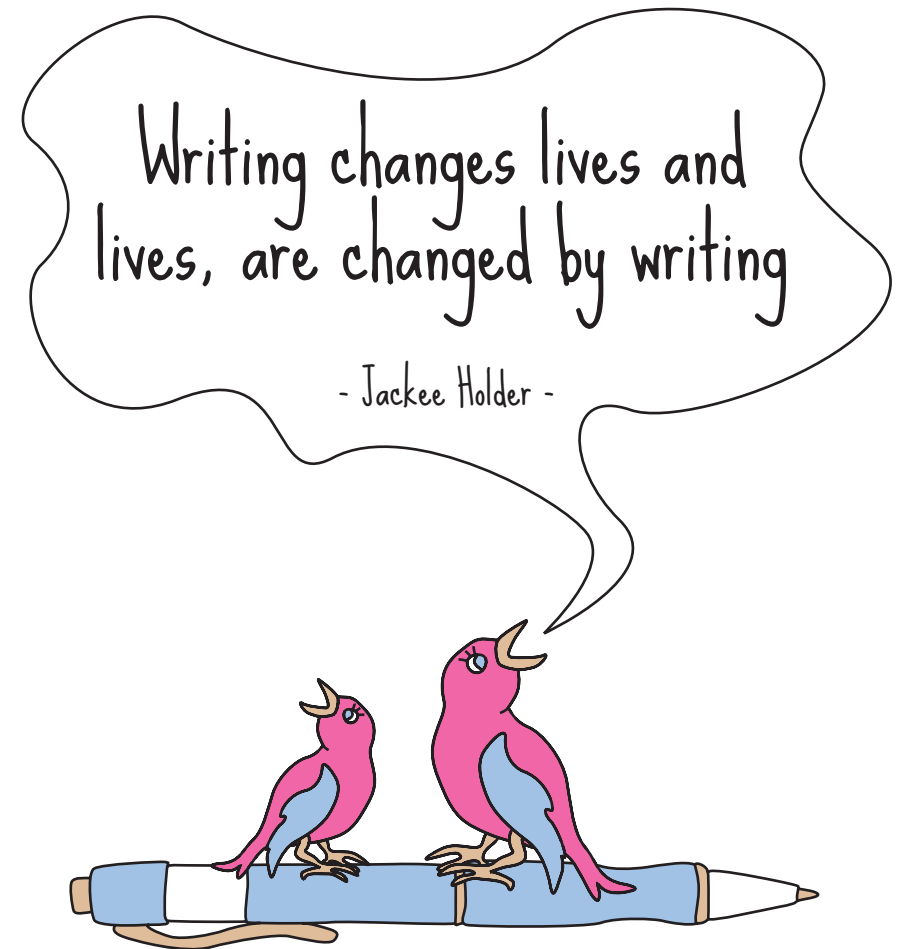
The right quote read at the right moment has the potential of a big reach. Quotes are mini teachings often bursting with wisdom and insights. I hope these quotes in their own way illuminate your writing, your creativity, your career and your relationships.

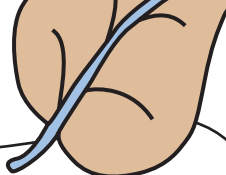
Time to awaken your inner writer!

Jackee.

Jackee

Inspiring the emergence of the inner writer and writing ourselves well!

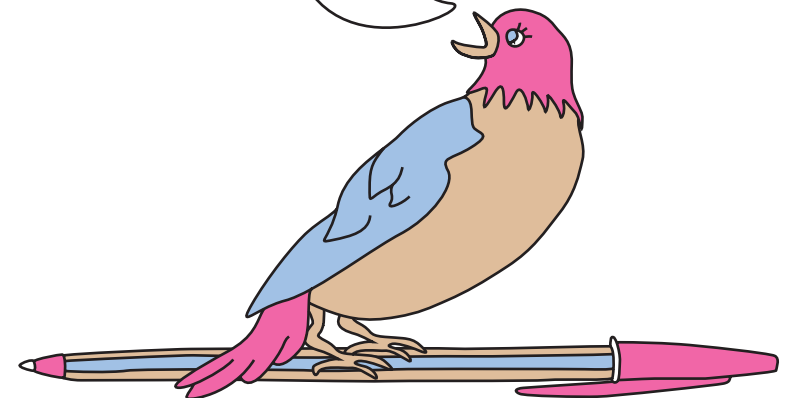




At a young age, I wrote all the time, she says. "It was really how I saved my sanity. It was giving voice to what was going on around me. I didn't have anyway to articulate it at that point. My writing eventually focused itself on the world: Sexism, racism, personal oppression and violence in general. It just happened organically."



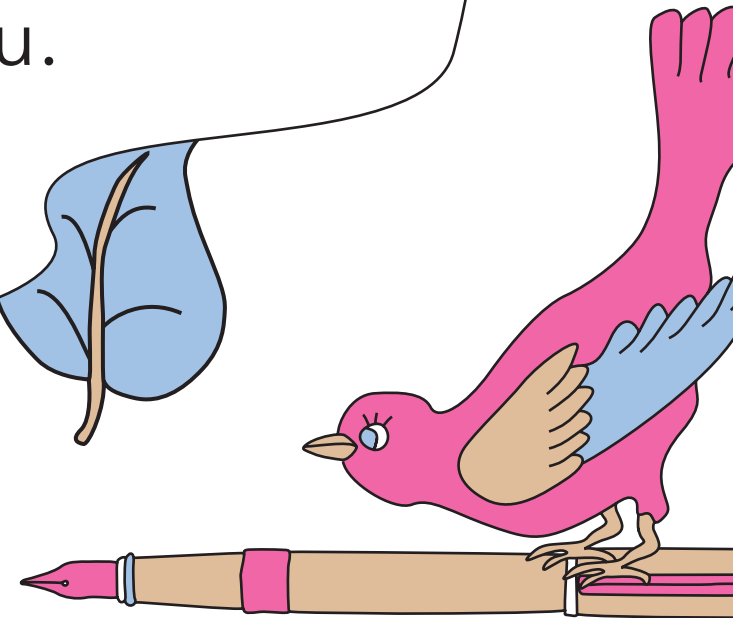
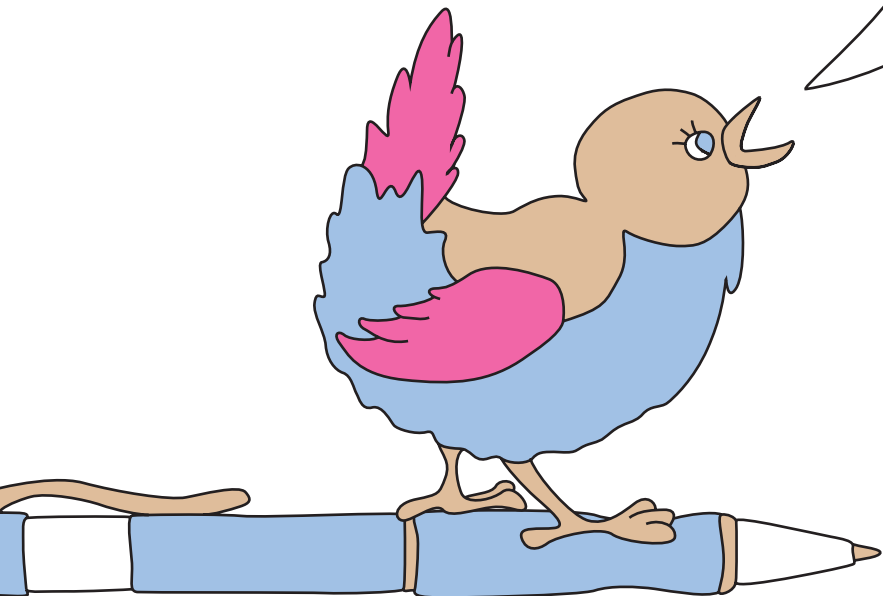
- Eve Ensler -

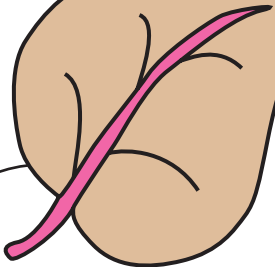




There is no greater agony than bearing an untold story inside you.

- Maya Angelou -

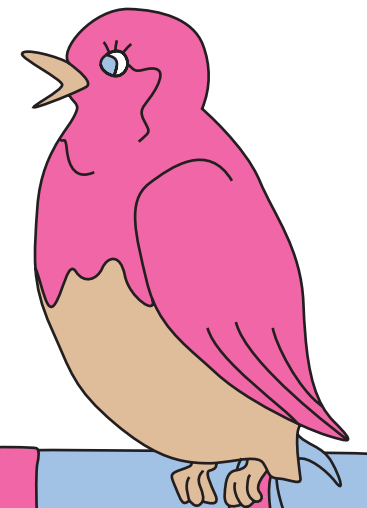


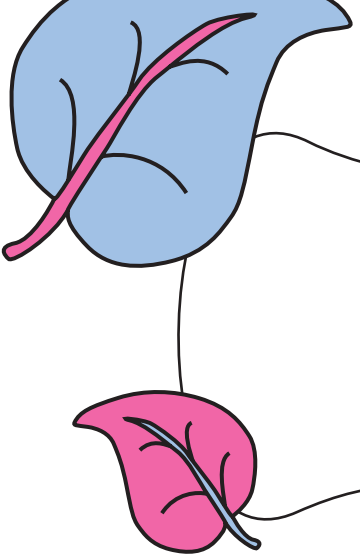


I hope you will go out and let stories, that is life, happen to you, and that you will work with those stories ... water them with your blood and tears and your laughter till they bloom, till you yourself burst into bloom.



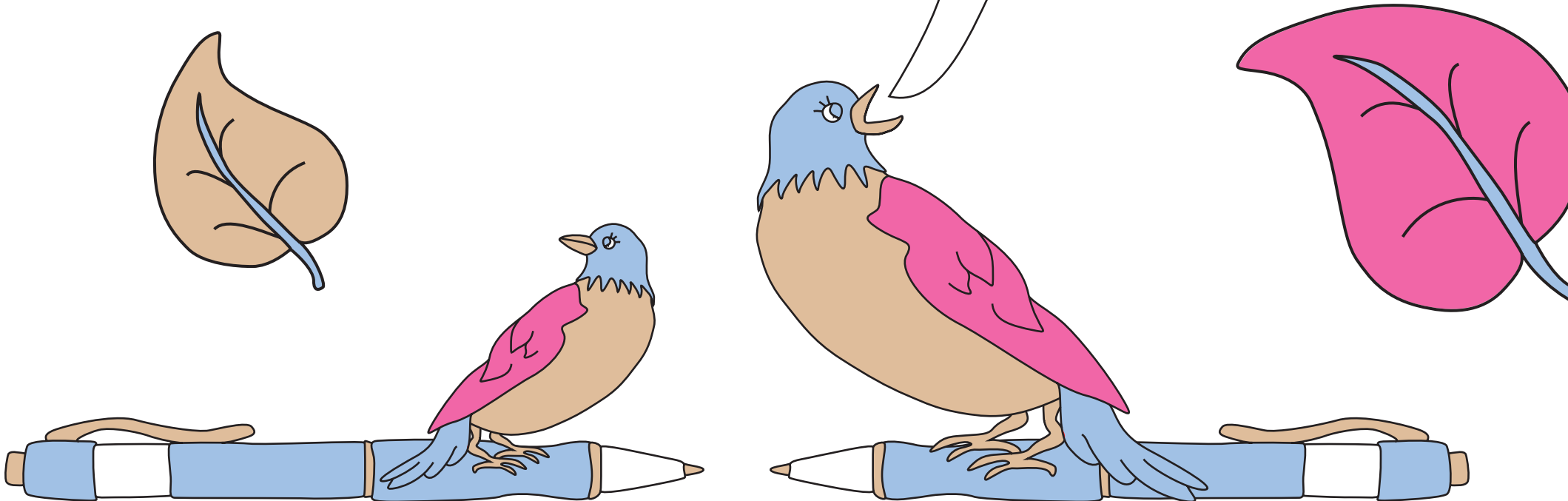
- Clarissa Pinkola Estes -

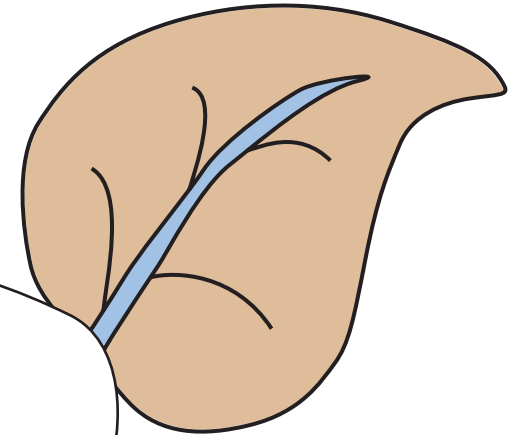
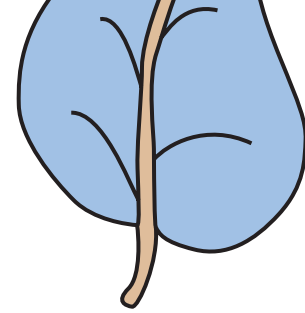
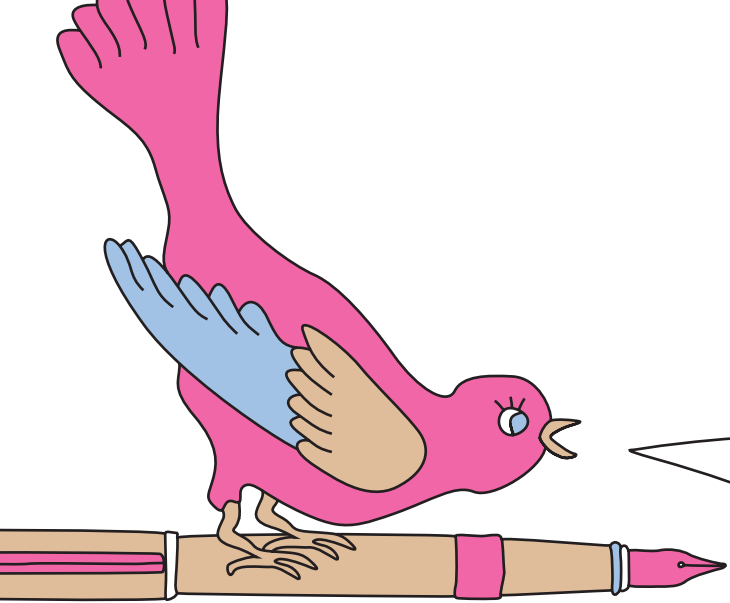




I have no idea of what I am
thinking unless I am writing.

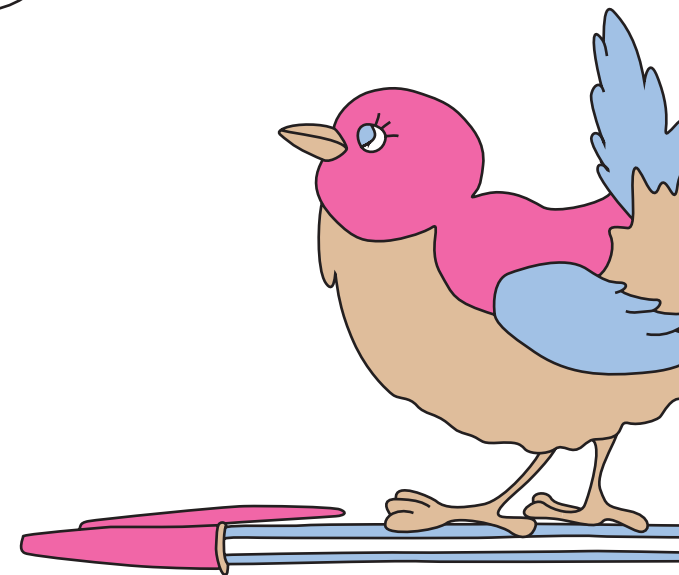
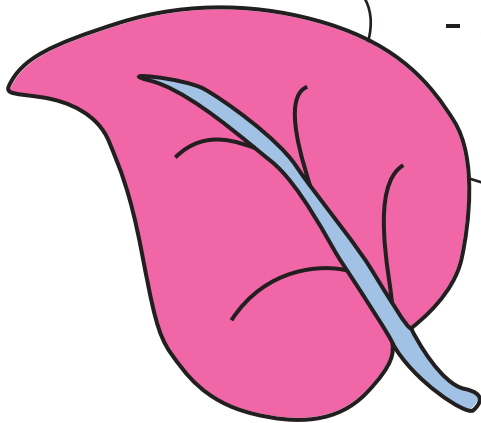
- Dani Shapiro -

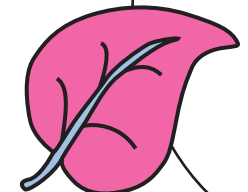
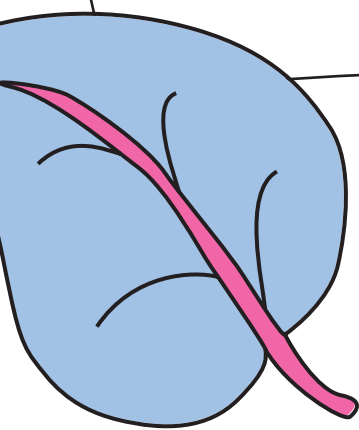
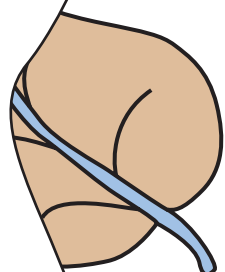
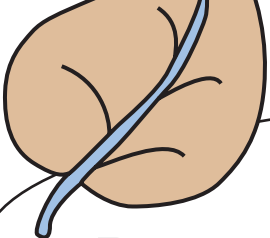




I write, therefore I am.

- Jackee Holder -





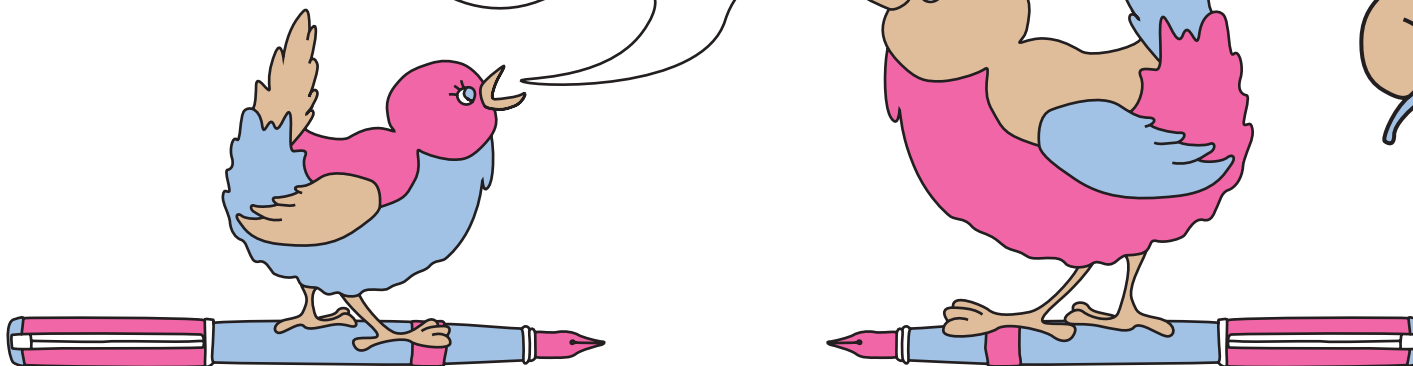
Deep writing comes from our bodies, from our breath, and from our ability to remain solid in the places that scare us. It comes from merging with what we are writing – from dissolving our egos so that the real work can emerge through us, without our conditions for success attached to it.

- Laraine Herring -



I couldn't trust a therapist the way I
could a piece of paper. Paper's always
there to re-read or re-write. Once
you've said something you can't unsay
it, but with a page of writing you can.
You don't ever have to share it. You can
burn it if you want.

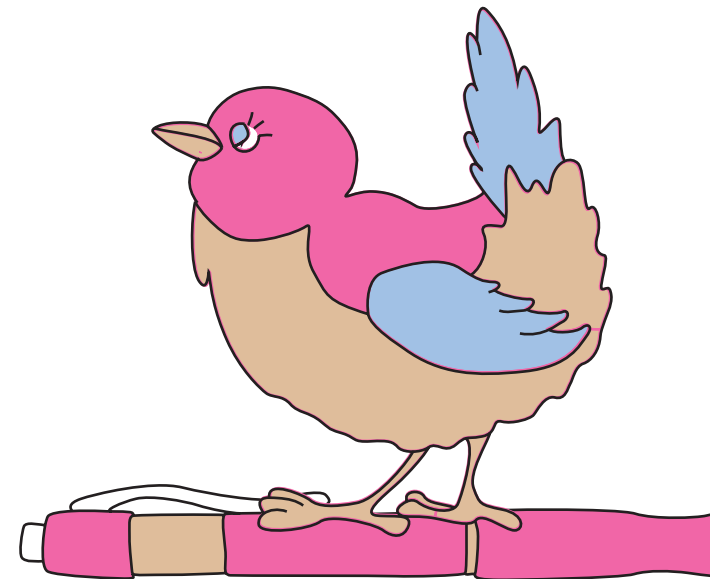
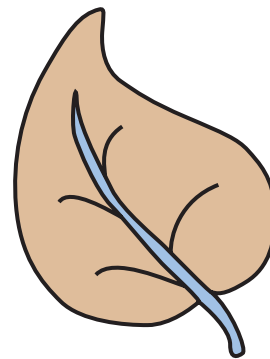
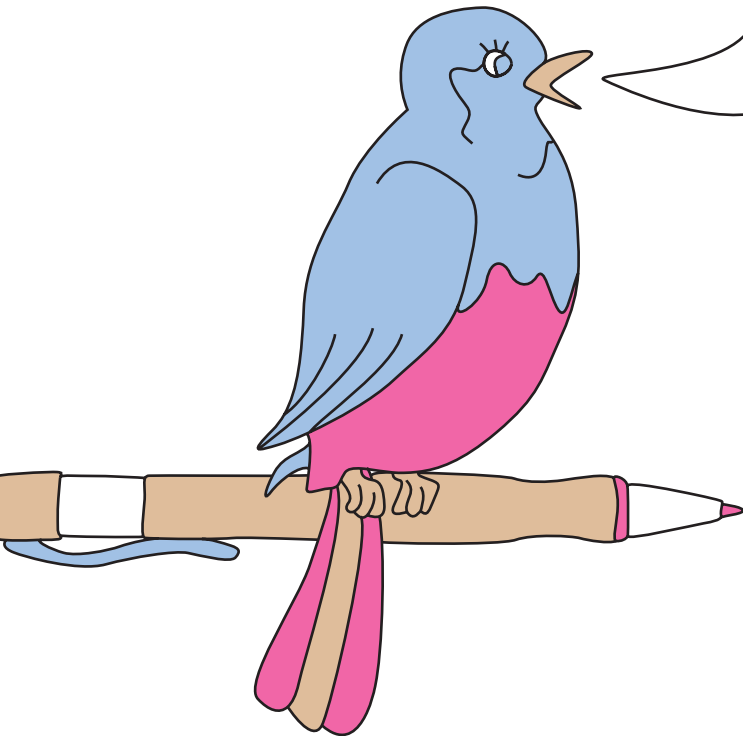
- Gillie Bolton -

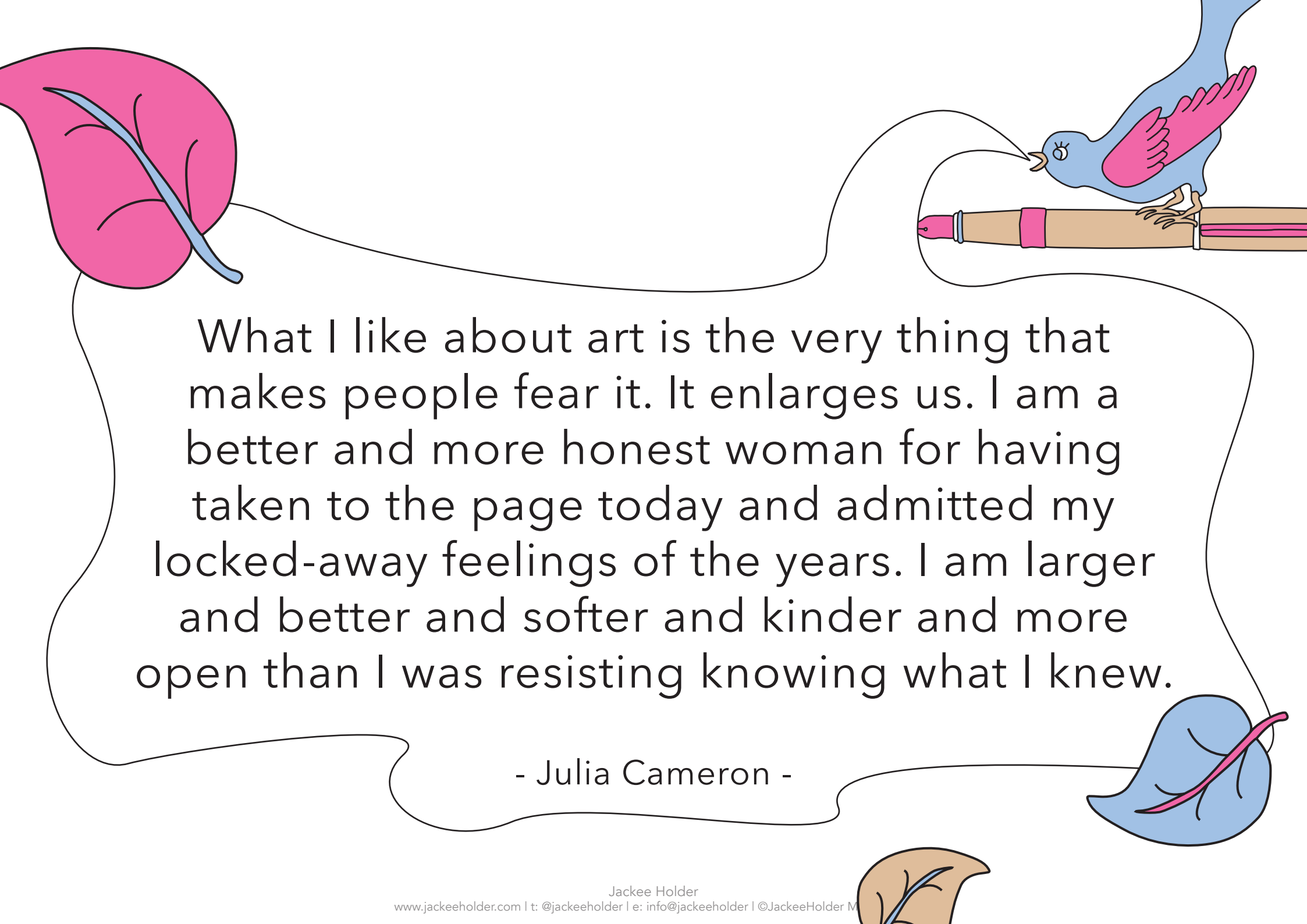




Journaling helped me to sit in the moment
and feel all there was to feel.

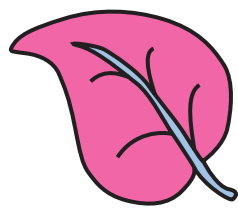
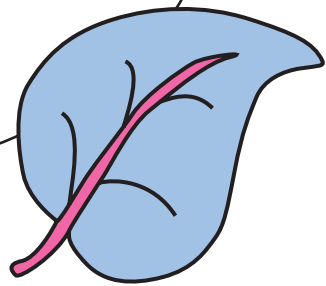
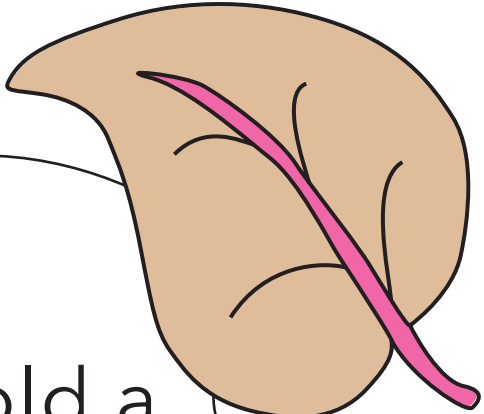
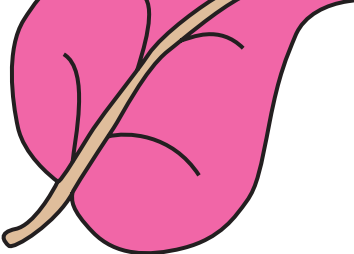
- Hyacinth Fraser -





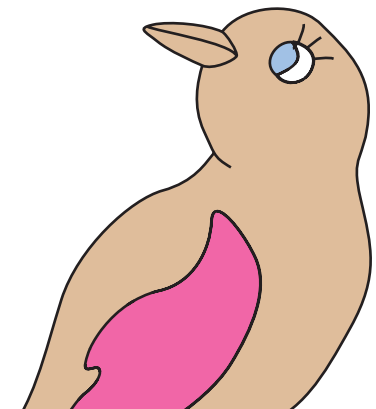
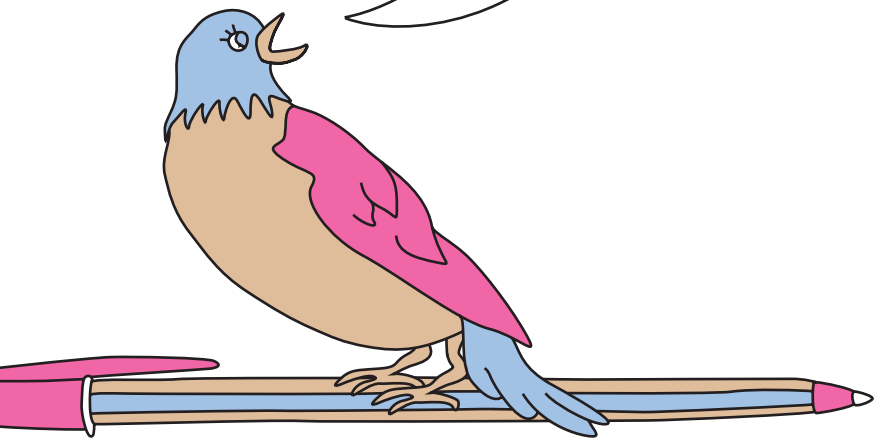
What I like about art is the very thing that makes people fear it. It enlarges us. I am a better and more honest woman for having taken to the page today and admitted my locked-away feelings of the years. I am larger and better and softer and kinder and more open than I was resisting knowing what I knew.

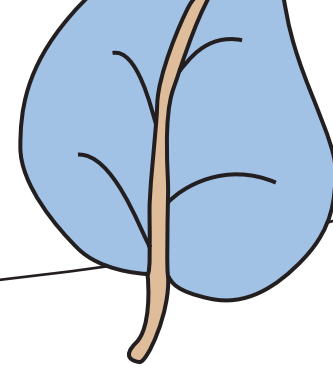
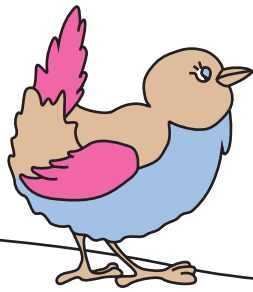
- Julia Cameron -



Thomas Merton, the
Christian mystic, once told a
friend referring to his writing
"habit" that he needed to
write "just to stay sane."

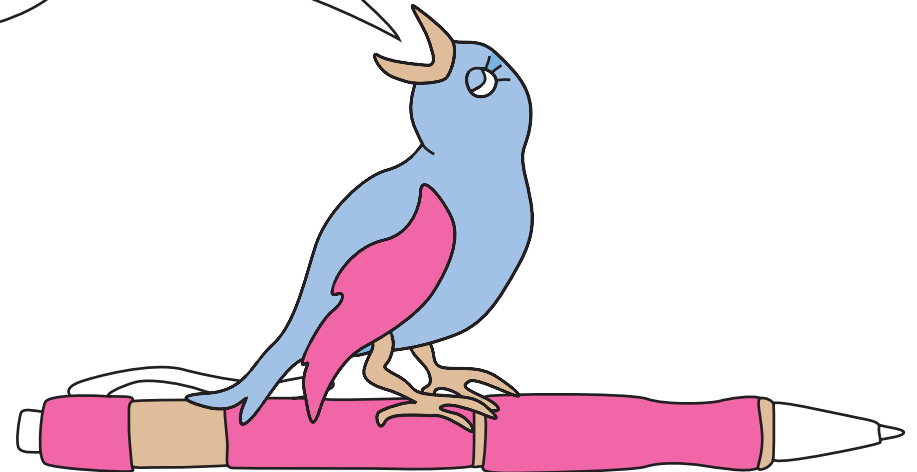
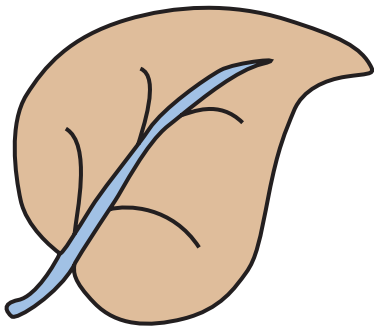
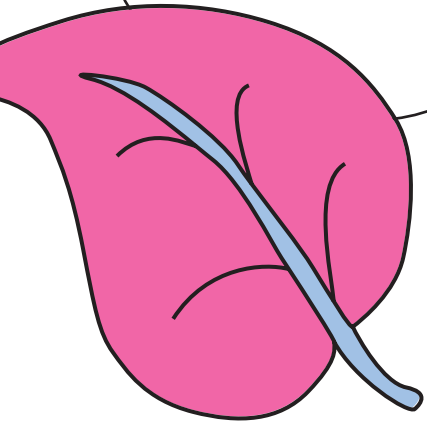
- Gail Sher -





One doesn't have to travel far or embark on a sacred pilgrimage to write in your journal. Your sacred spot is right here, right now, in the present and on the page.

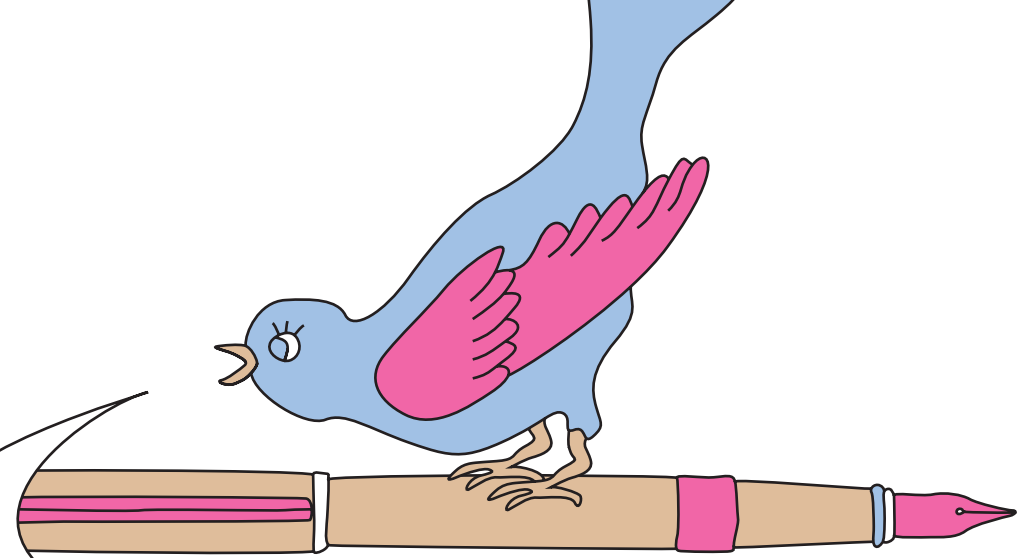
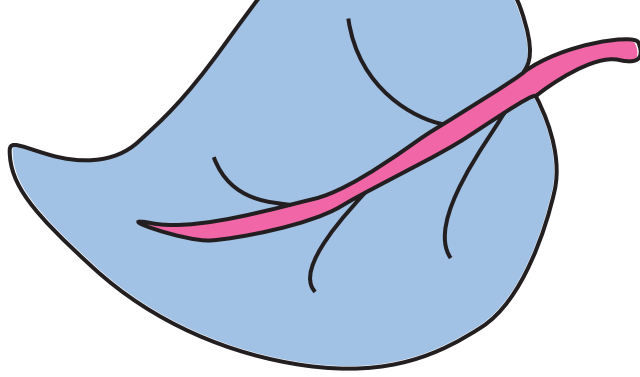
- Jackee Holder -





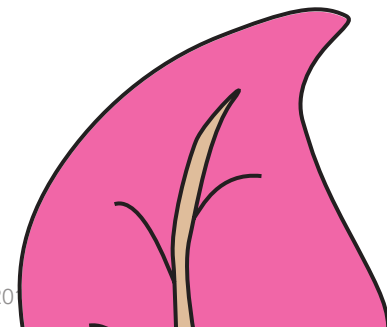
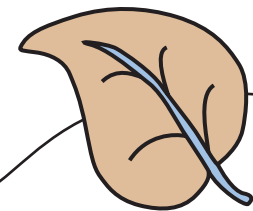
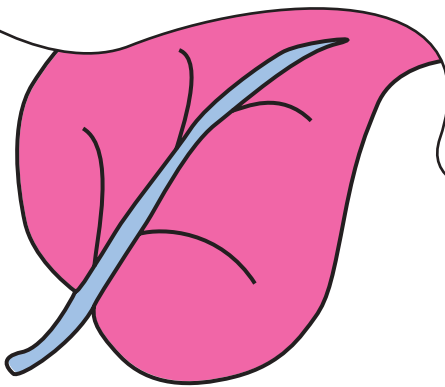
A new England minister once confessed
he'd lost his journal in a subtler way: by
never writing his past down in a journal.


- Alexandra Johnson -



Journals encourage you to see with an inquisitive eye- and therefore more faithful than any camera.

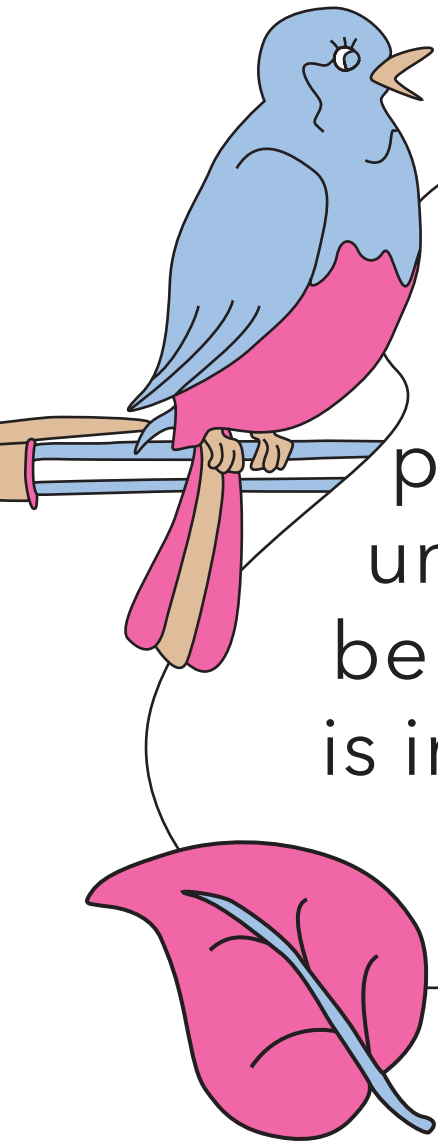
- Photographer (unknown) -





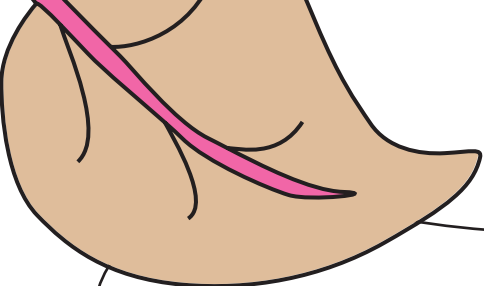
Journaling is like
whispering to ones
self and listening at
the same time.

- Mina Murray -



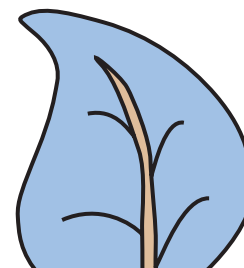
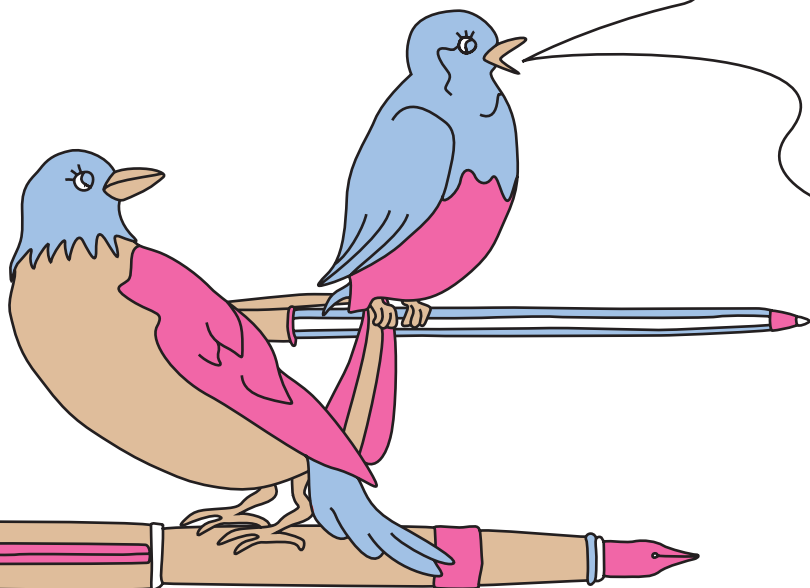
Let those early drafts get weedy,
overgrown, and lush. Only through
patience and faith will you discover the
unexpected - the seedling that seems to
be nothing more than the scrub of a weed
is in reality the richest most beautiful, most
exotic book you ever imagined.

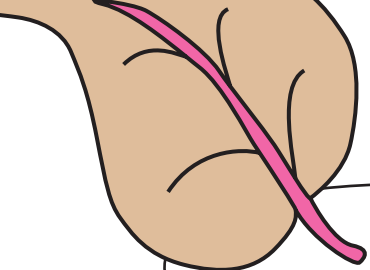
- Jamie Cat Callan -



I'm not fussy about where I work. In fact, kind of the opposite. I can write anywhere. Desk, diner, airplane. If anything, I write better in planes and away from the office because I'm not interrupted by anyone.

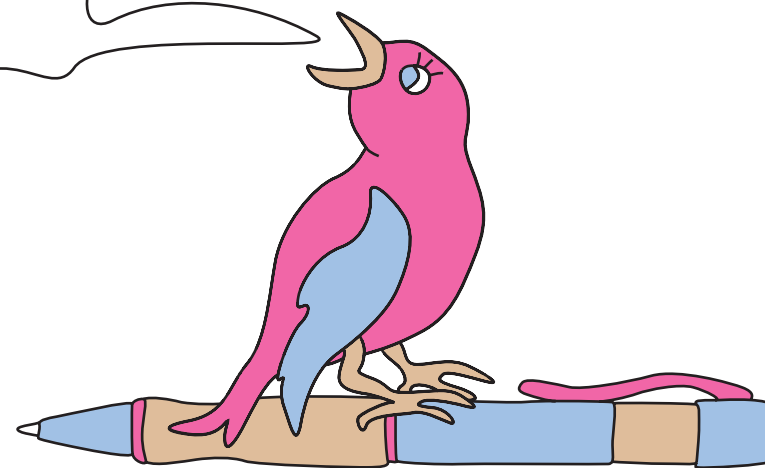
- Ira Glass -

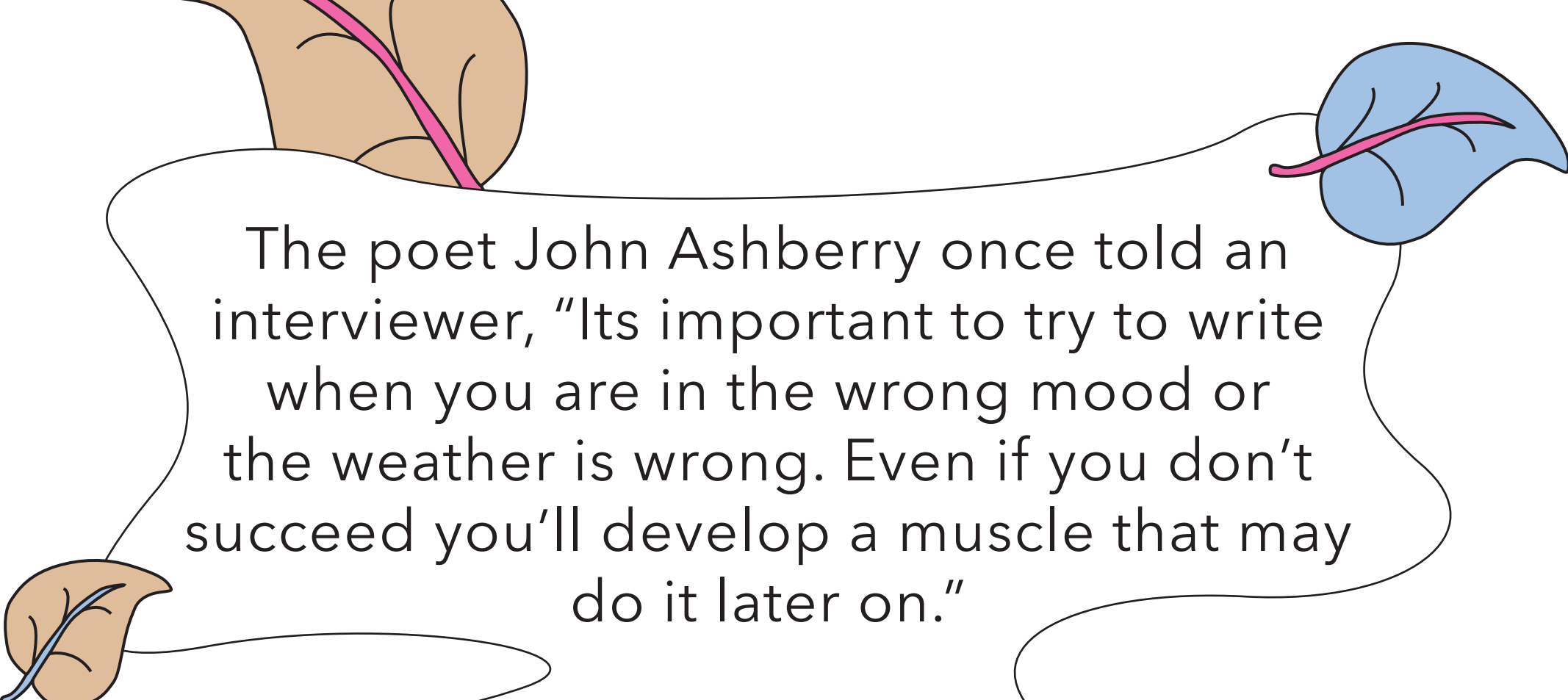




When I don't write for a while, I feel as if I'm skimming over the surface of my life. When I get going on a story I get to relive beautiful places I've been to. When I use them as settings and remember interesting people I've met. Like a good dream writing is a good way to digest what I experience each day.

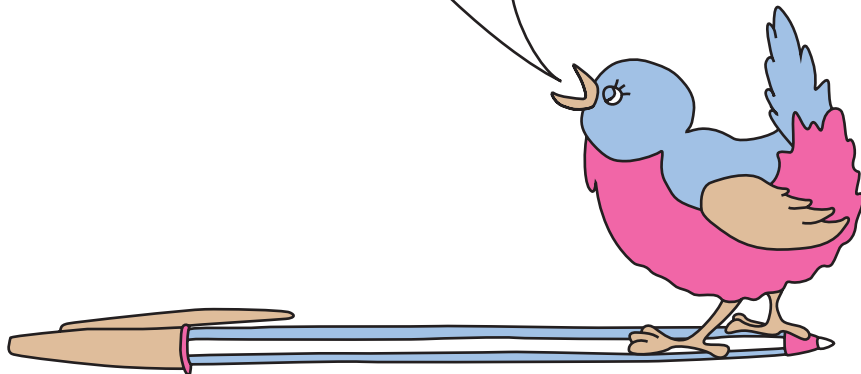
- Abby Clements -





The poet John Ashberry once told an interviewer, "Its important to try to write when you are in the wrong mood or the weather is wrong. Even if you don't succeed you'll develop a muscle that may do it later on."

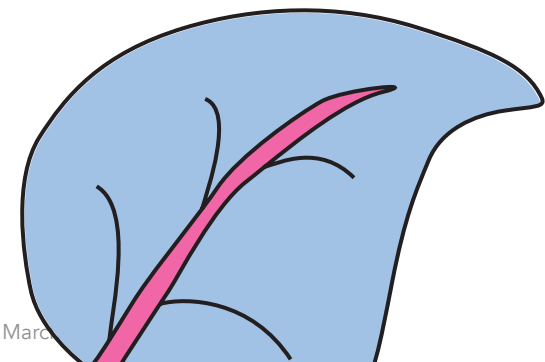
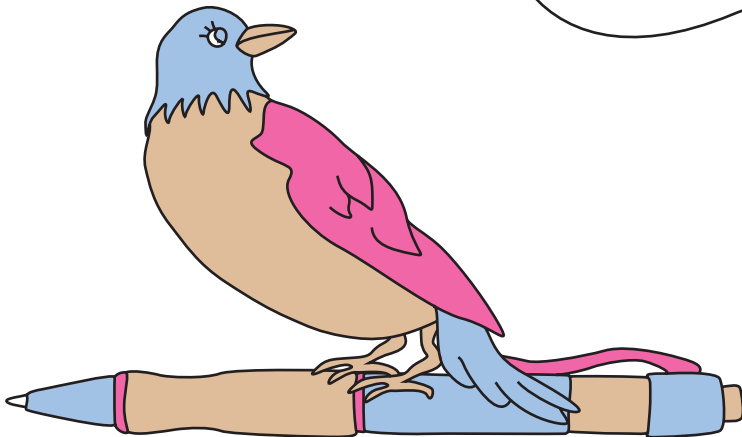
- Gail Sher -

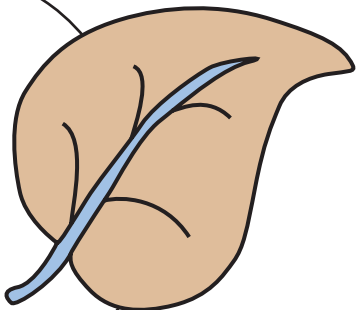
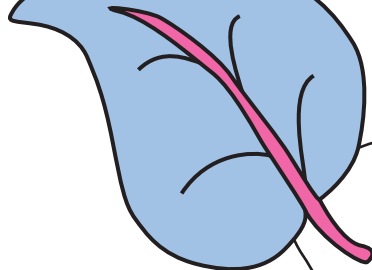




A journal is a sign that you
care about your own life.

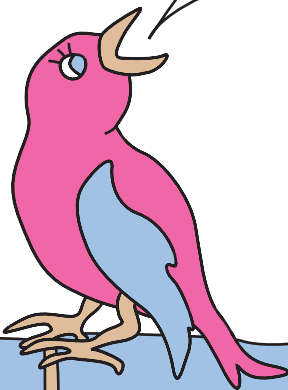
- Jackee Holder -

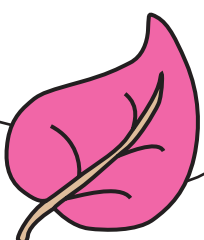
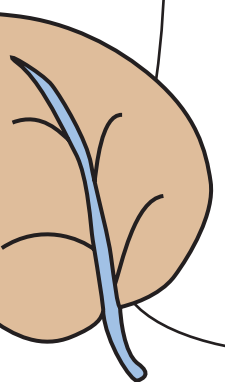
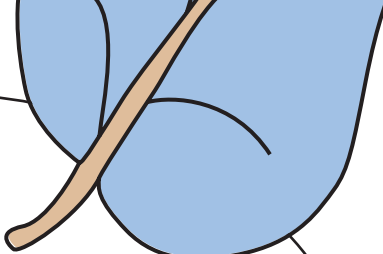
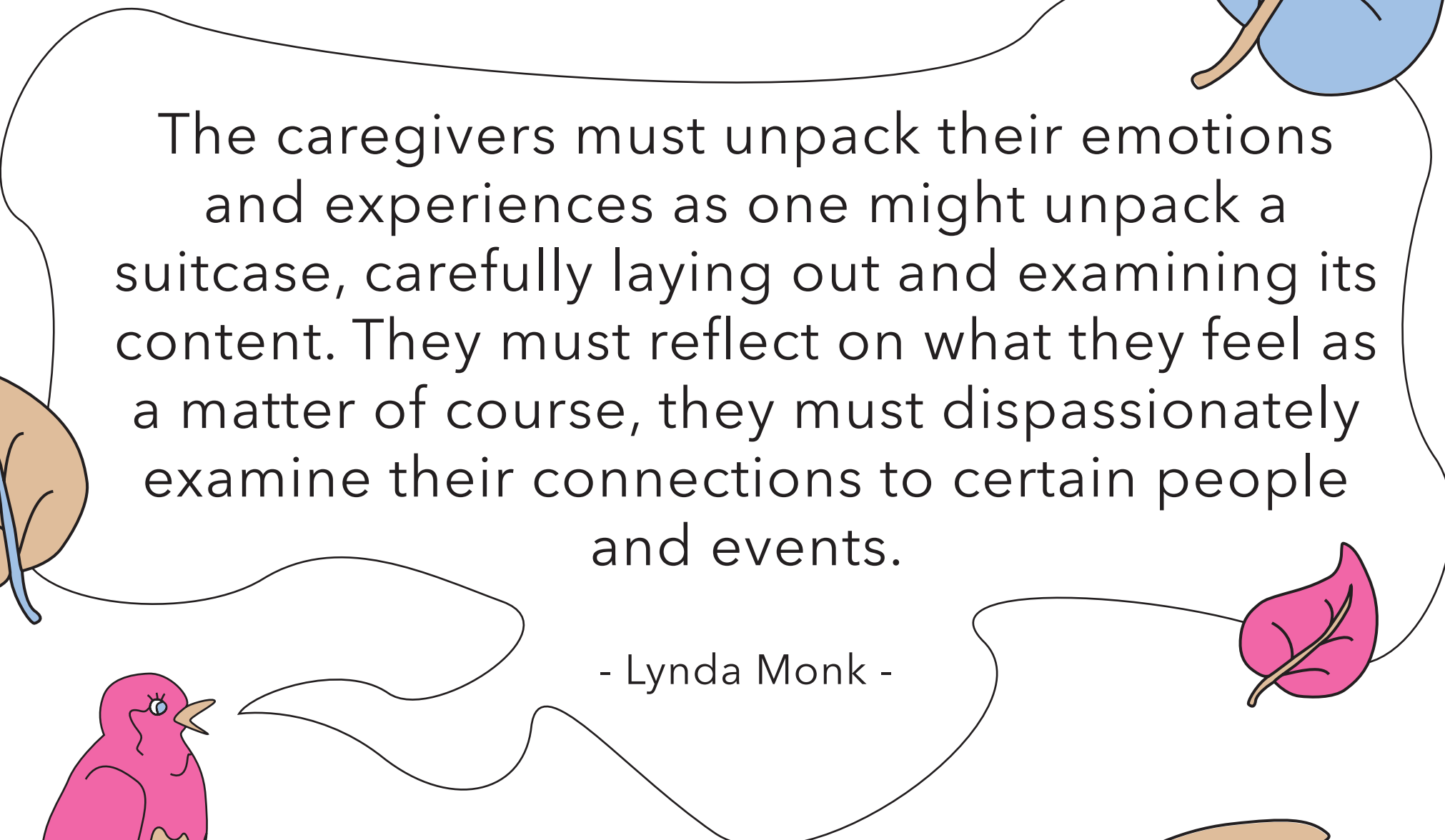




For nearly 30 years I've had the same therapist. I've called on my therapist at 3am, on my wedding day, on a cold and lonely Christmas, on a Bora Bora Beach, and in the dentist's reception room. I can tell this therapist absolutely anything.

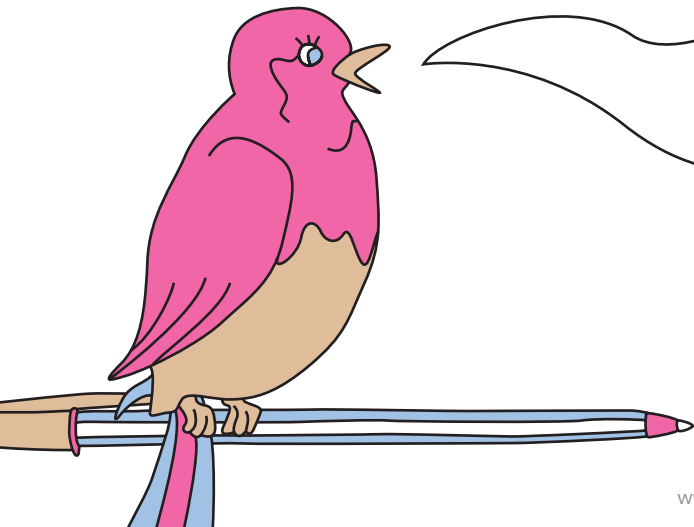
- Kathleen Adams -

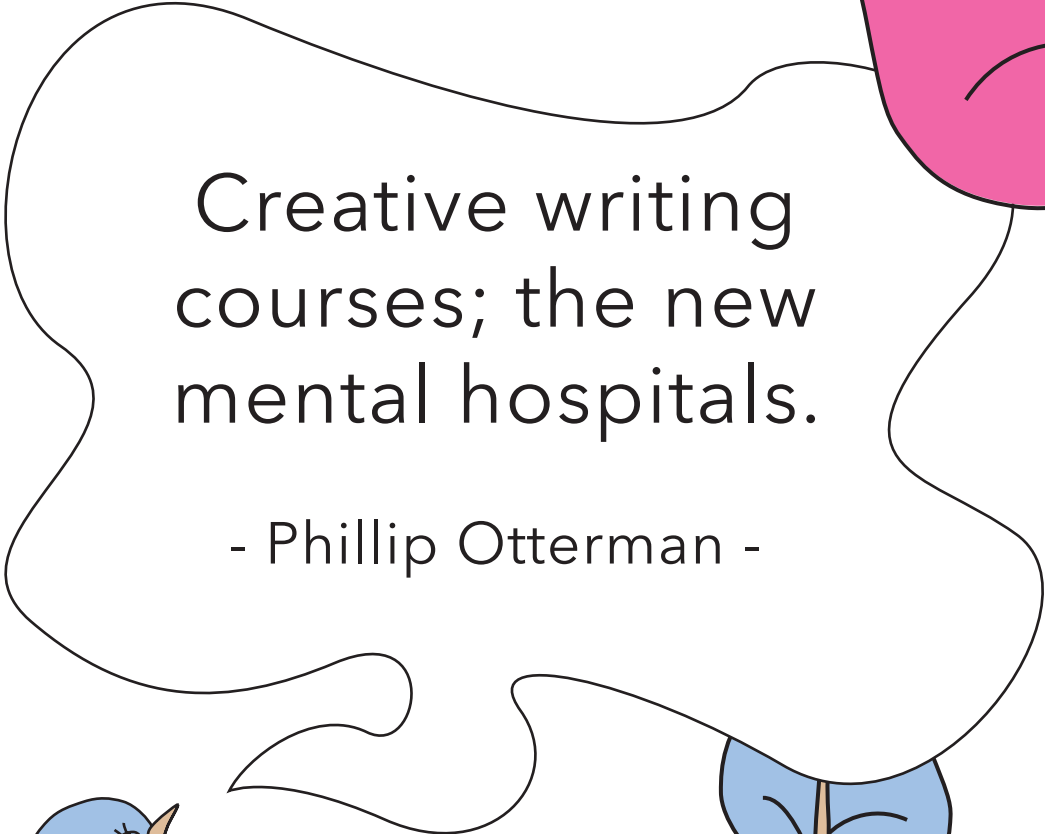




The caregivers must unpack their emotions and experiences as one might unpack a suitcase, carefully laying out and examining its content. They must reflect on what they feel as a matter of course, they must dispassionately examine their connections to certain people and events.

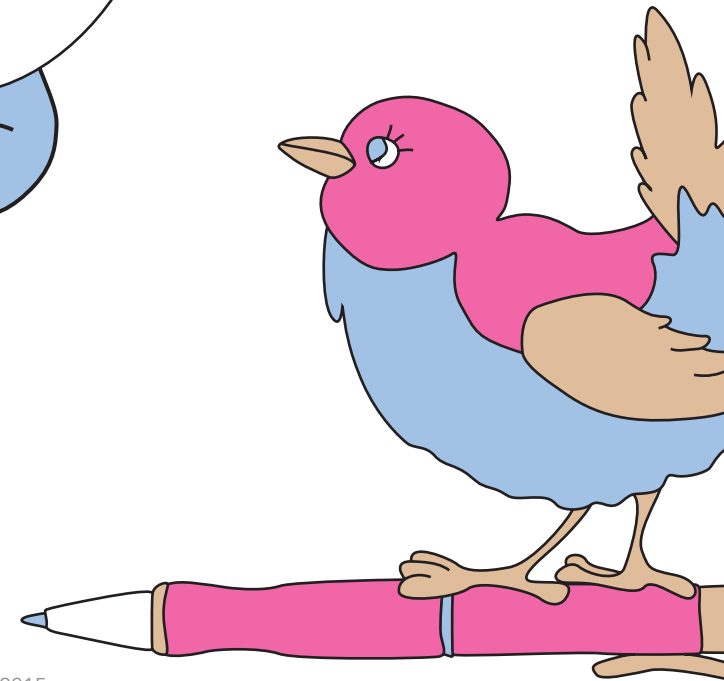
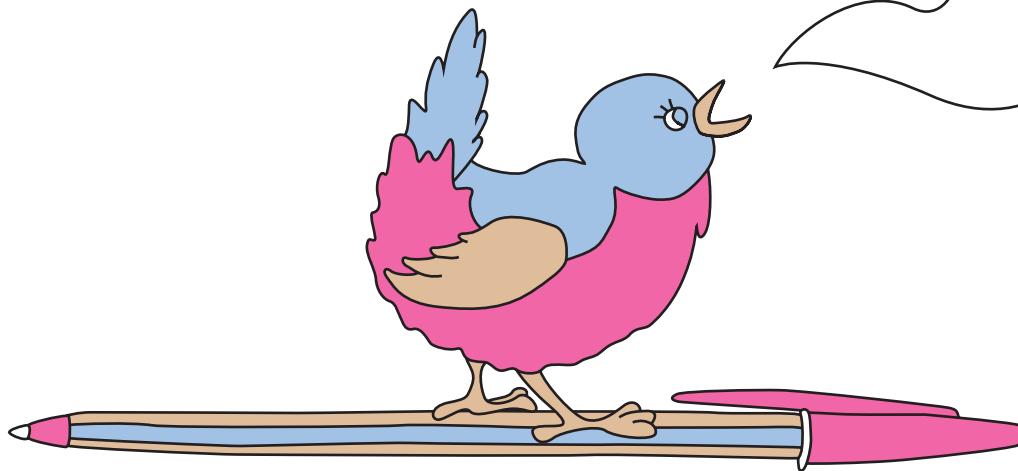
- Lynda Monk -

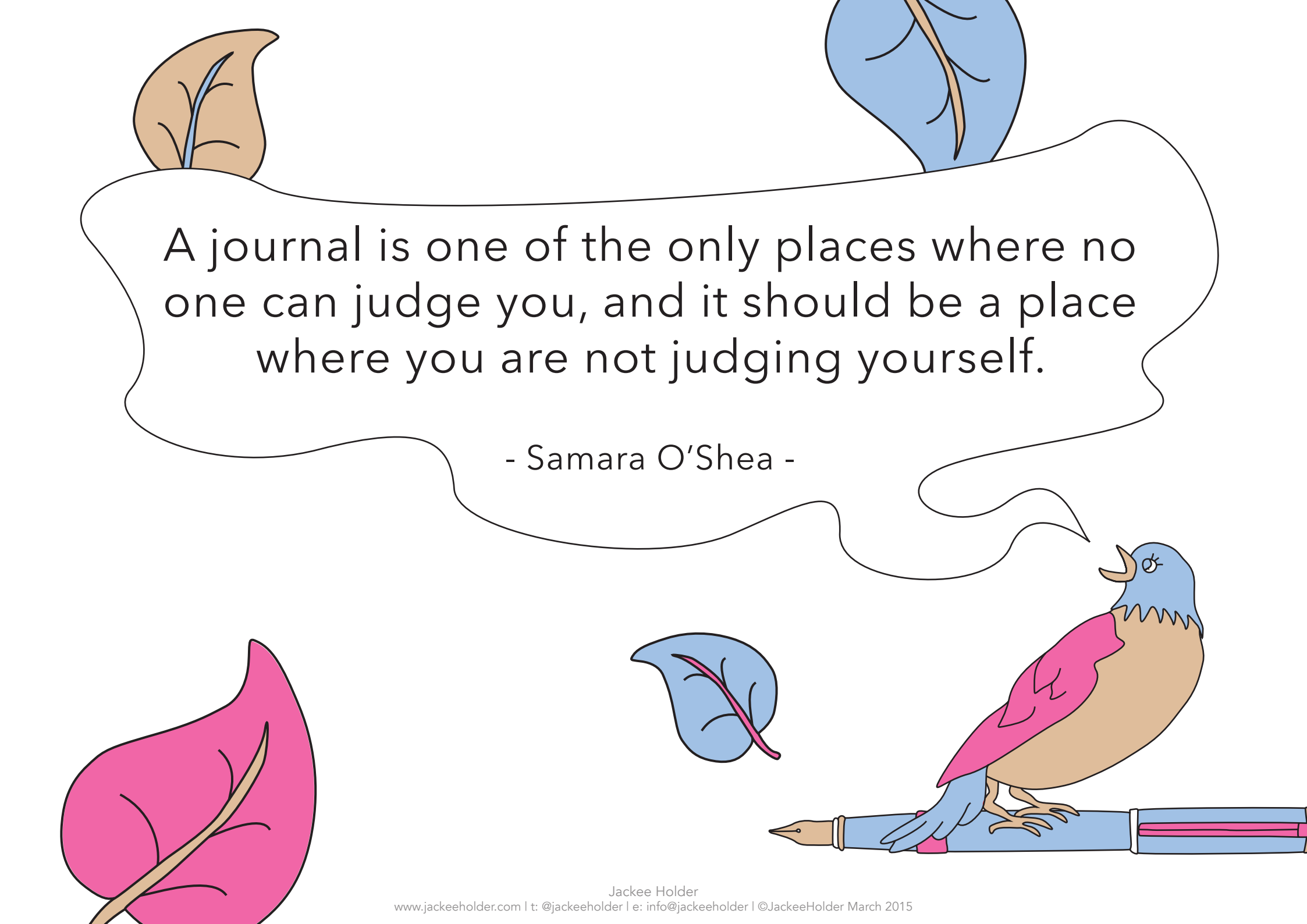




Creative writing
courses; the new
mental hospitals.

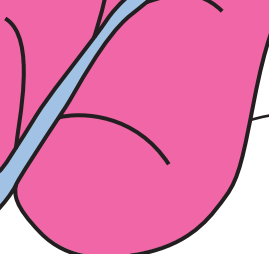
- Phillip Otterman -





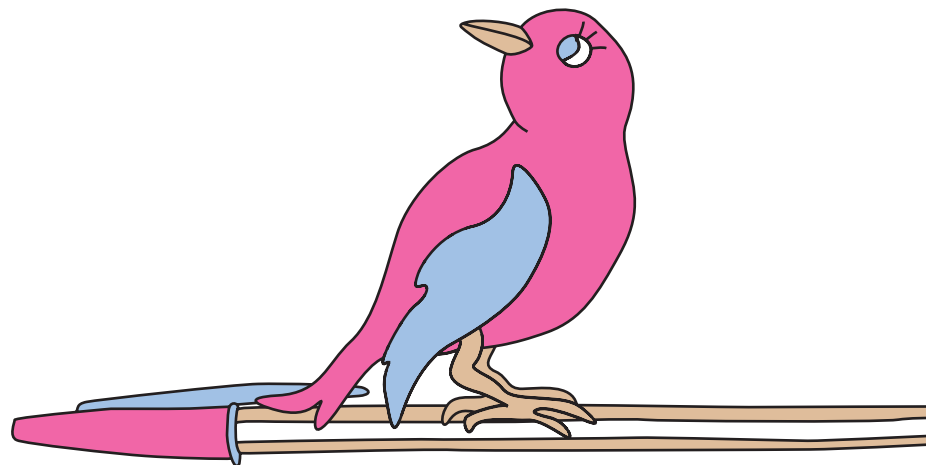
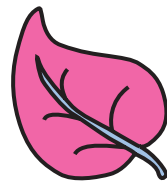
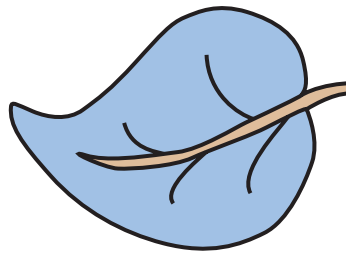
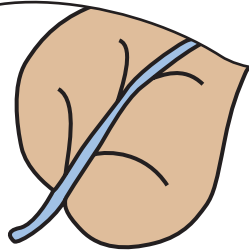
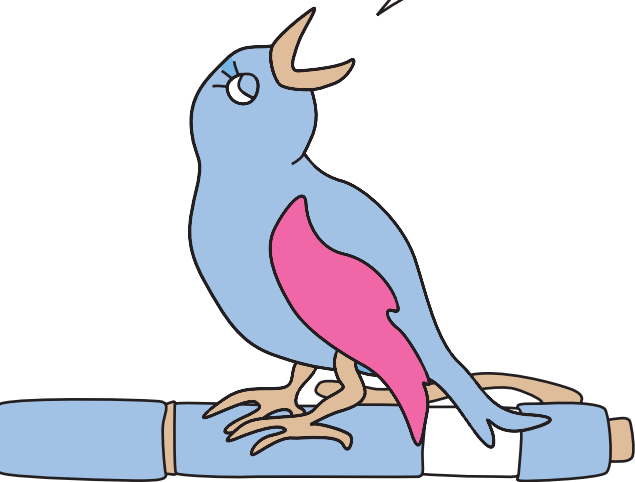
A journal is one of the only places where no one can judge you, and it should be a place where you are not judging yourself.

- Samara O'Shea -



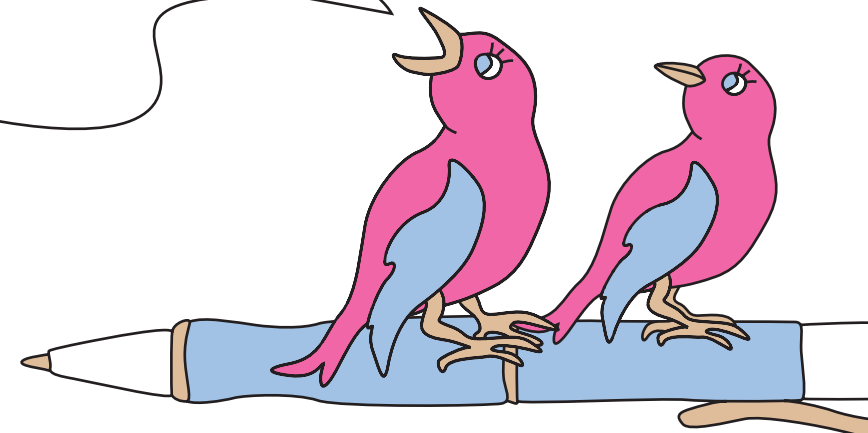
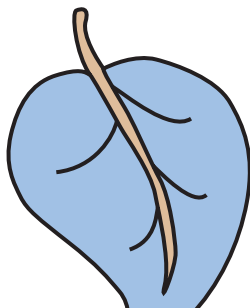
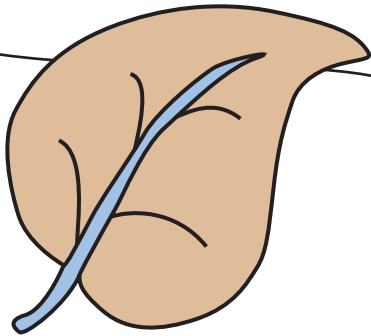
I soon realized that no journey carries one far
unless, as it extends into the world around us,
it goes an equal distance into the world within.

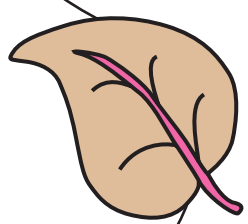
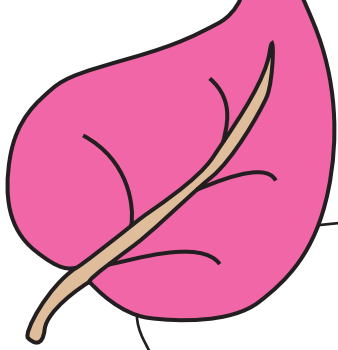
- Lillian Smith -



Writing by hand forces you to slow down, and slowing down acts as a kind of compass aligning you to what's good and real and right and true. Only when you write what's important to you can you really get to the truest version, the best incarnation. It's hard to write crap when you're writing by hand; it's easy to spew on a keyboard.

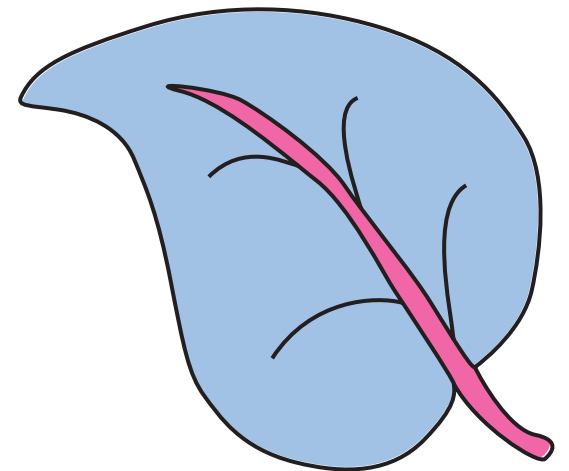
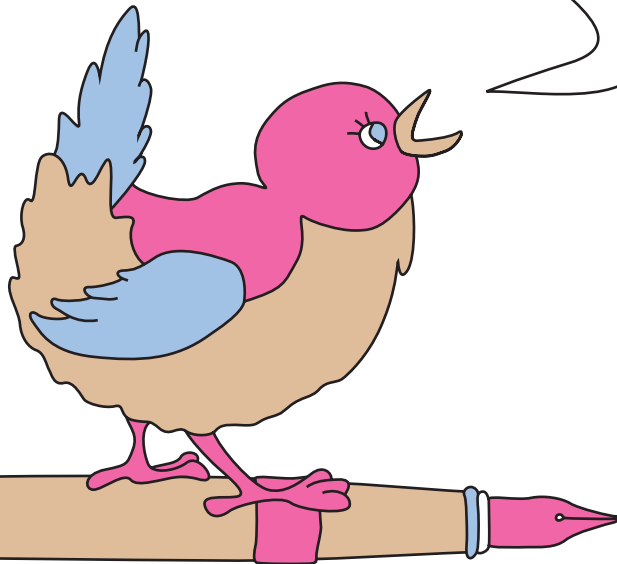
- Heather Sellers -

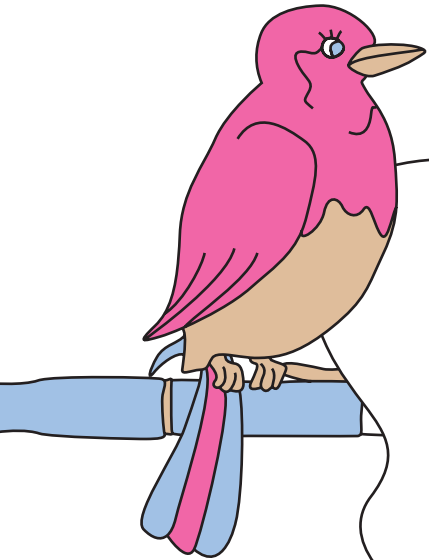




Every time we take pen to page
we become more ourselves, less
something vague and amorphous.

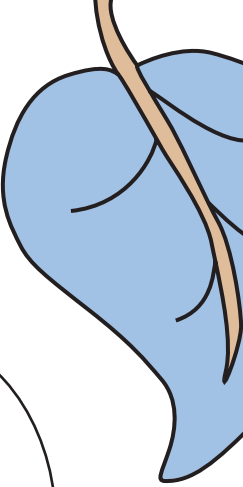
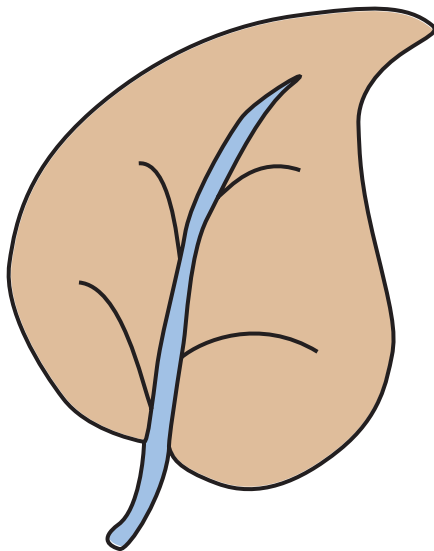
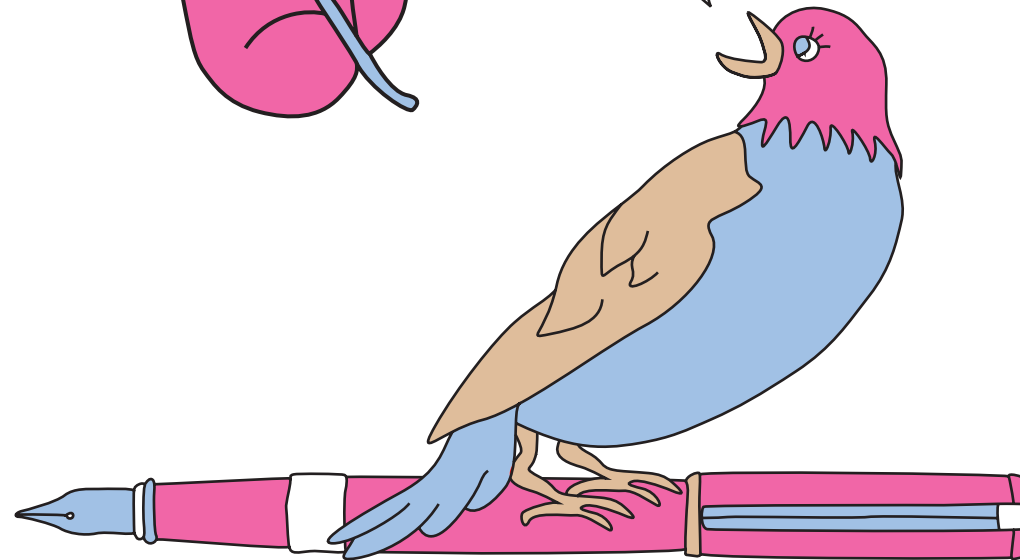
- Julia Cameron -

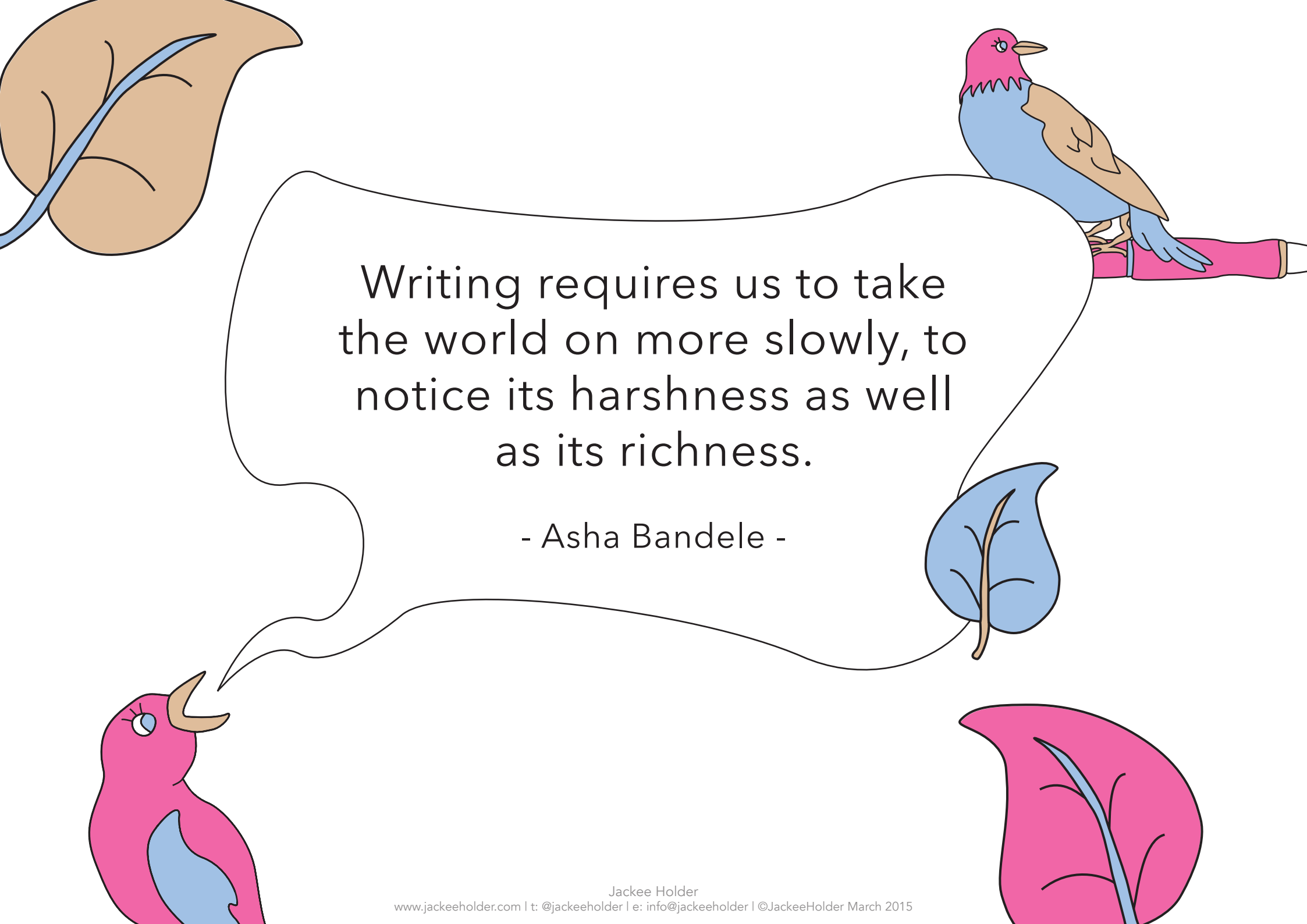




I hate writing. I love having written.

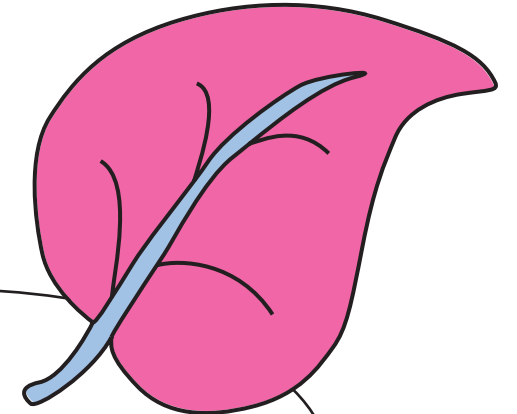
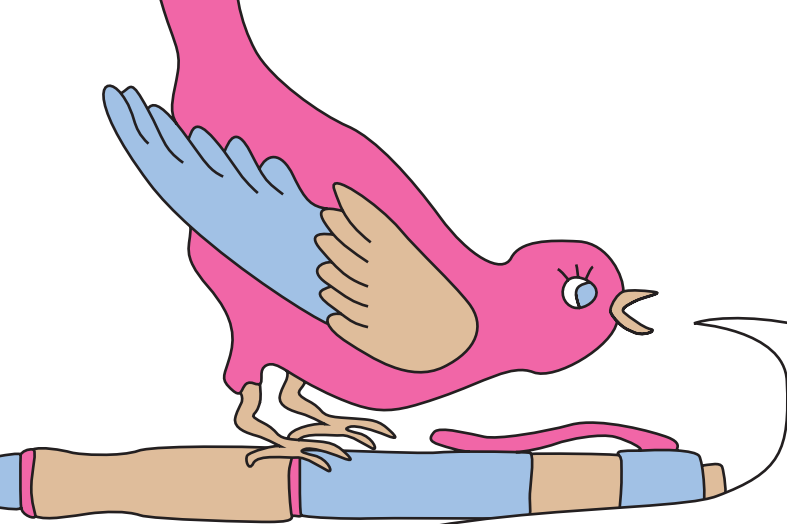
- Dorothy Parker -





Writing requires us to take
the world on more slowly, to
notice its harshness as well
as its richness.

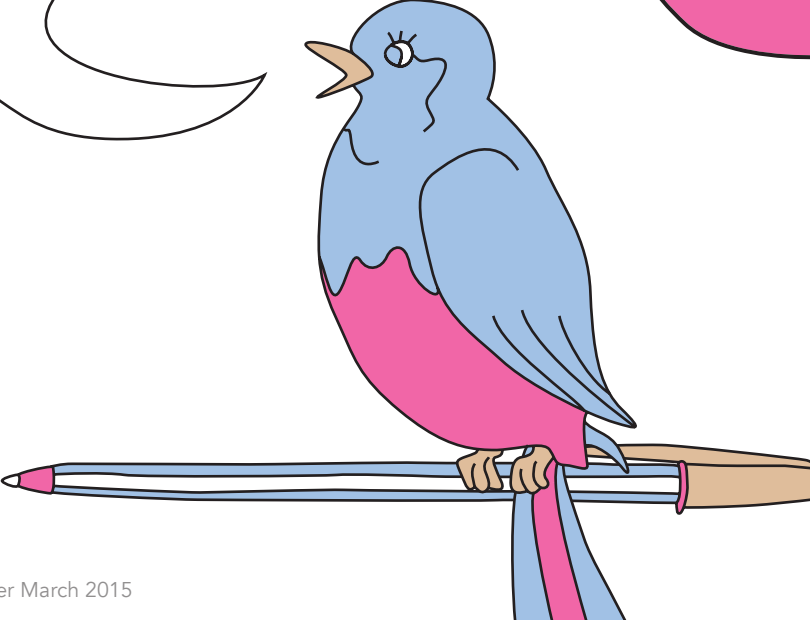
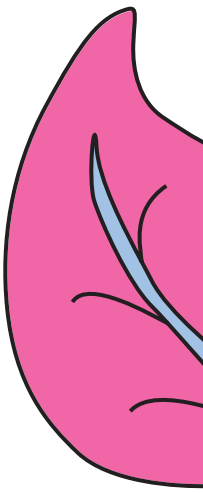
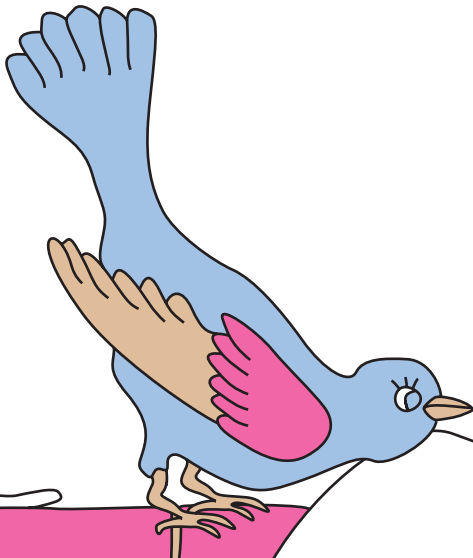
- Asha Bandele -



Another is that writing motivates you
to look closely at life as it lurches by
and tramps around.

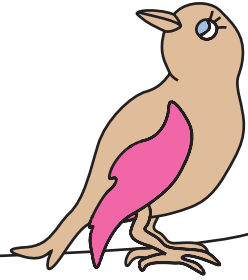
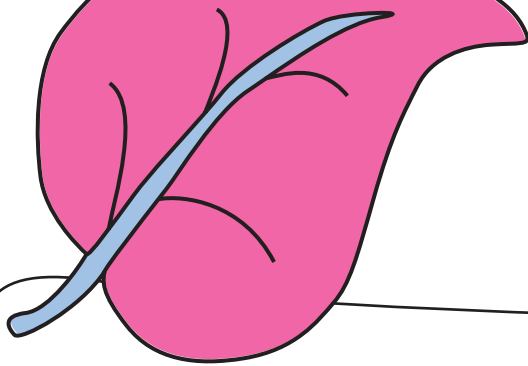
-Anne Lamott -





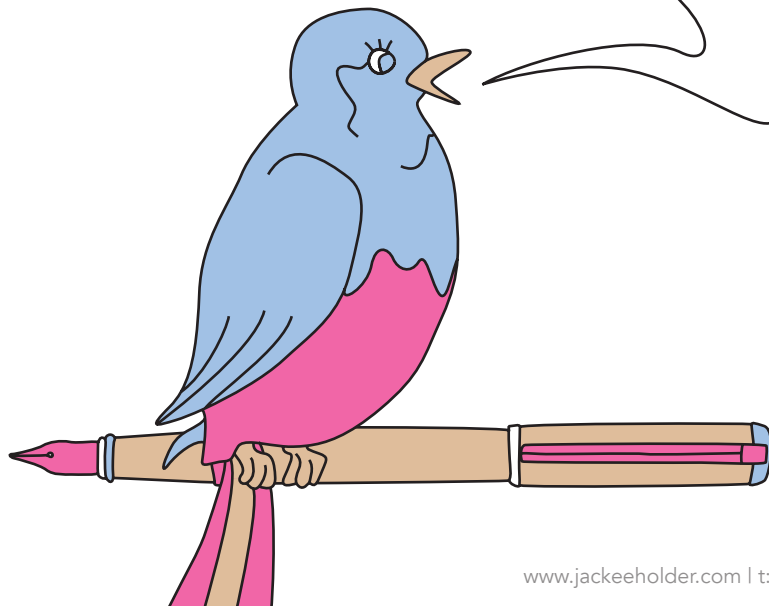
Writing spaces, however short
are like a meditation.

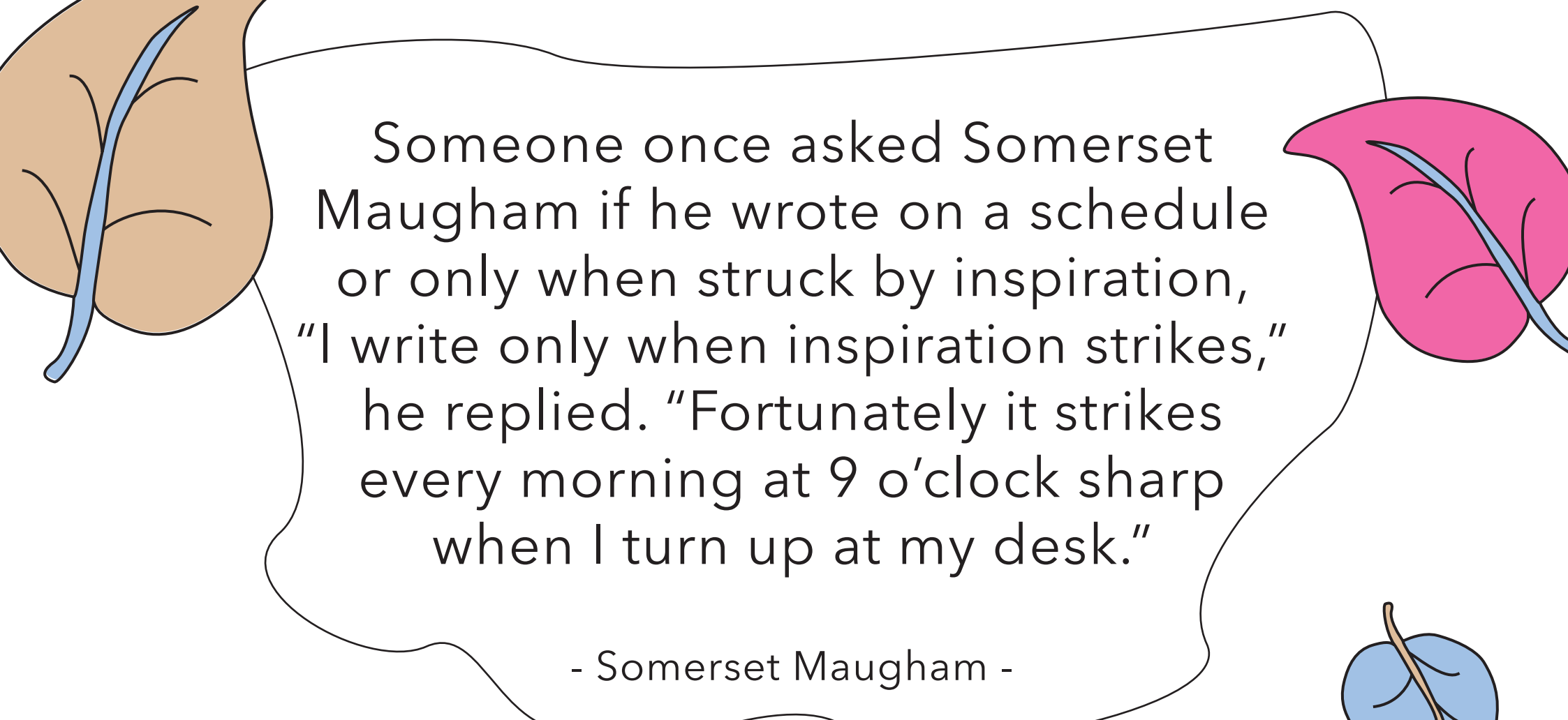
- Jeannie Wright -



If you do not record your own story, your
tiny bit of the history of the human race
is lost Kierkegaard said, "Life can only be
understood backwards, but it must be
lived forwards."

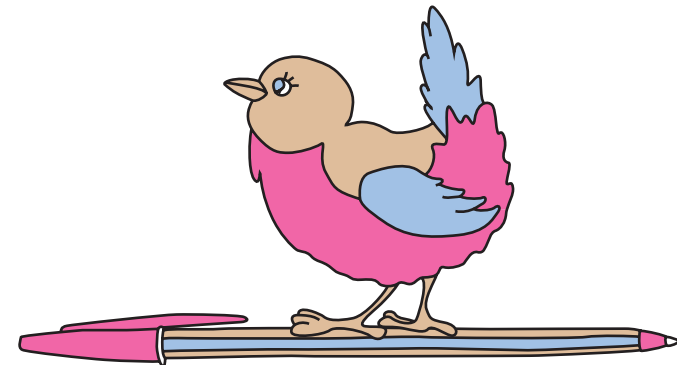
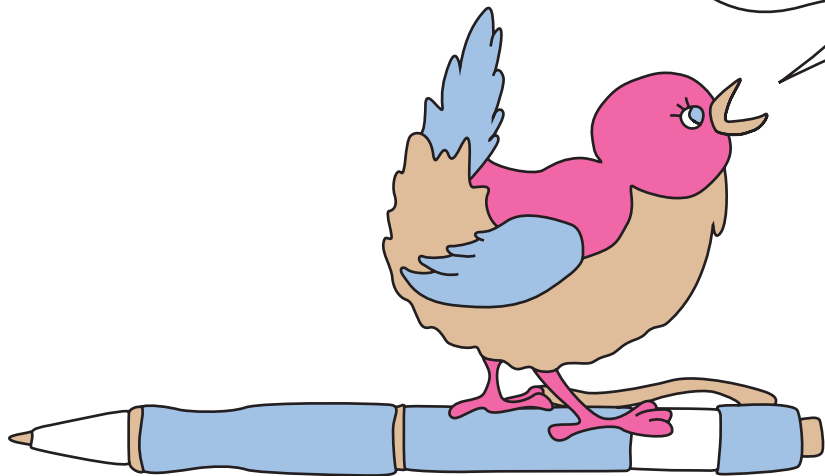
- Pat Schneider -





Someone once asked Somerset Maugham if he wrote on a schedule or only when struck by inspiration, "I write only when inspiration strikes," he replied. "Fortunately it strikes every morning at 9 o'clock sharp when I turn up at my desk."

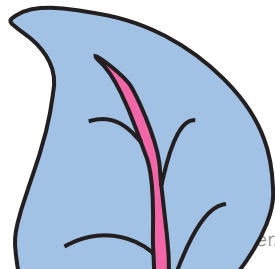
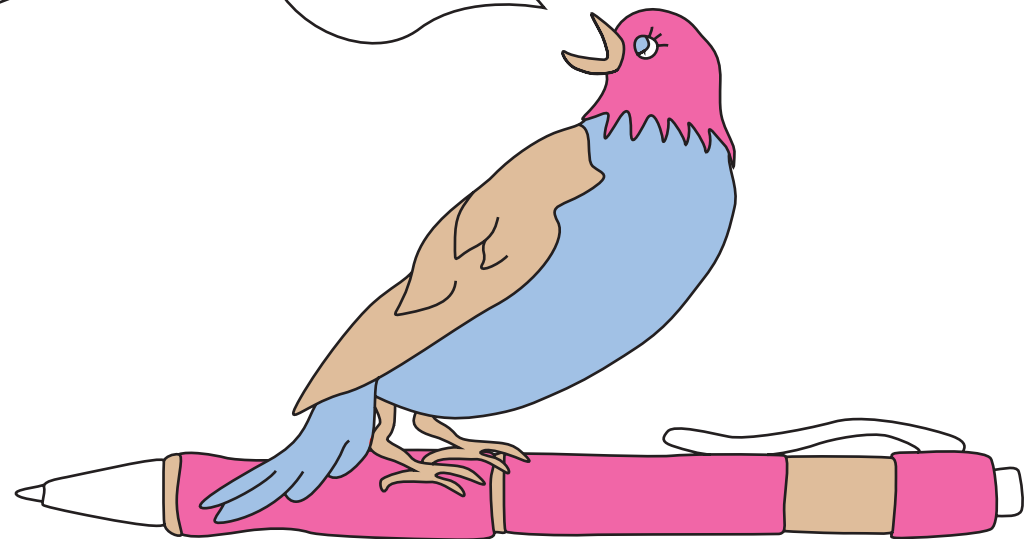
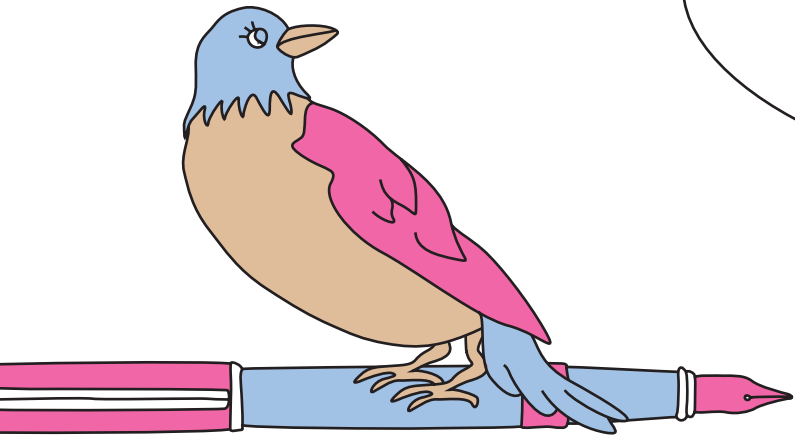
- Somerset Maugham -

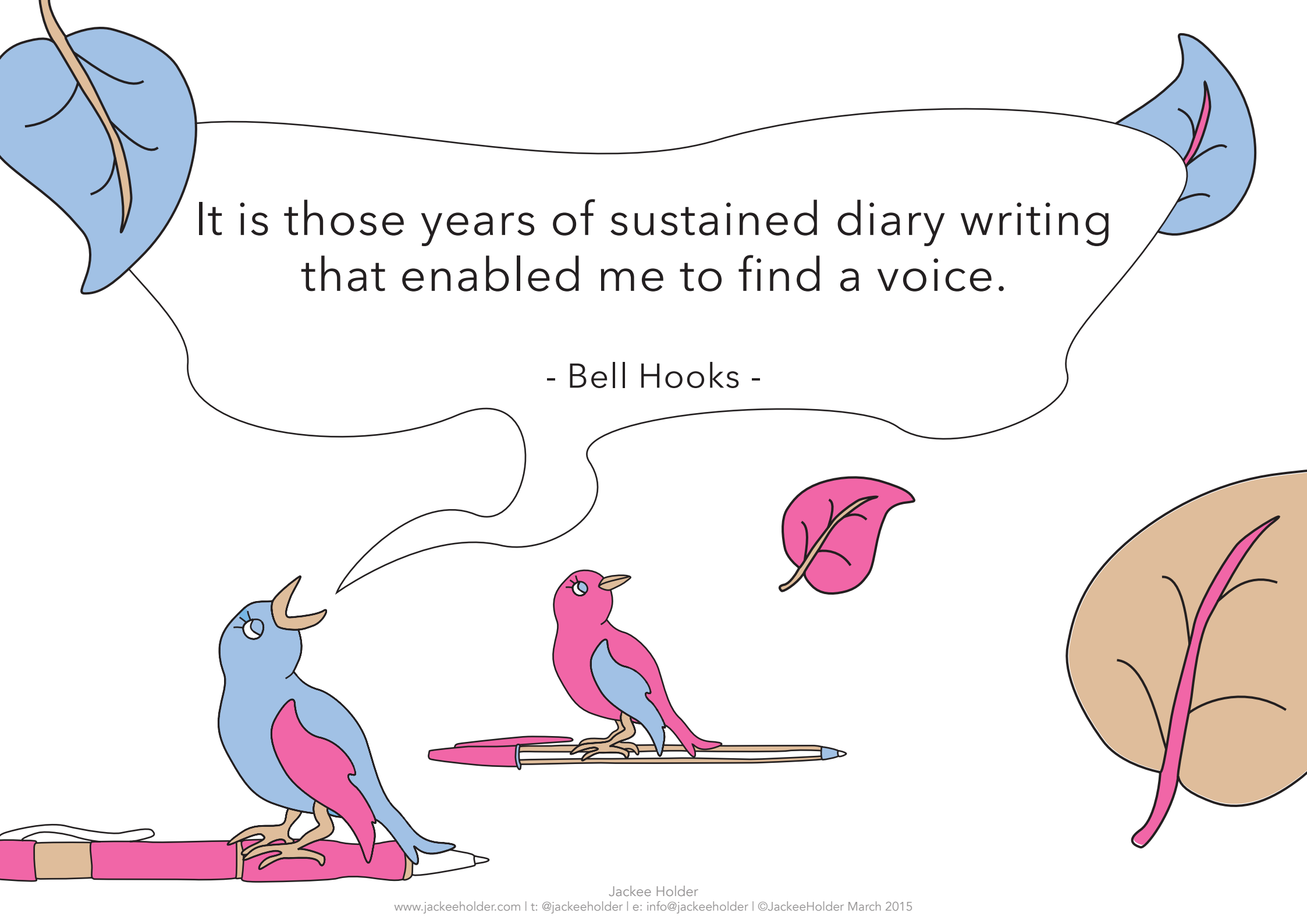




If we survived childhood we have
enough material to last a lifetime.

- Flannery O'Connor -



The illustration features two stylized birds. On the left, a blue bird with a pink wing patch stands on a thick pink pencil. In the center, a pink bird with a blue wing patch stands on a thin yellow pencil. A speech bubble from the pink bird contains the text. The background includes several leaves: a large blue leaf in the top left, a smaller blue leaf in the top right, a pink leaf in the center, and a large brown leaf in the bottom right. The text is centered within the speech bubble.

It is those years of sustained diary writing
that enabled me to find a voice.

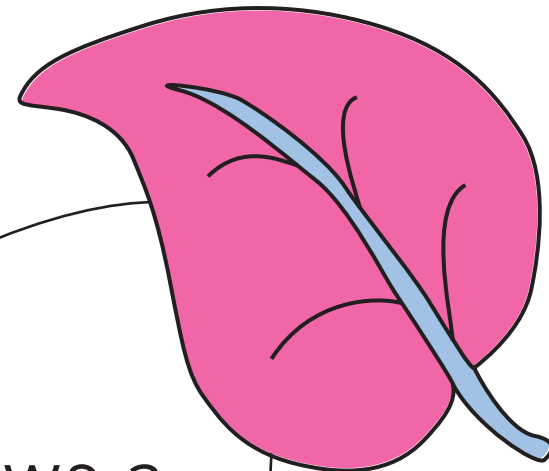
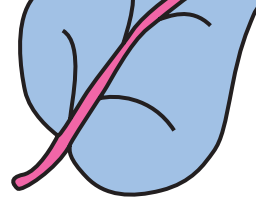
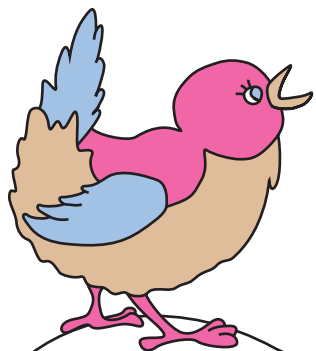
- Bell Hooks -



I feel everyday I don't write is wasted.

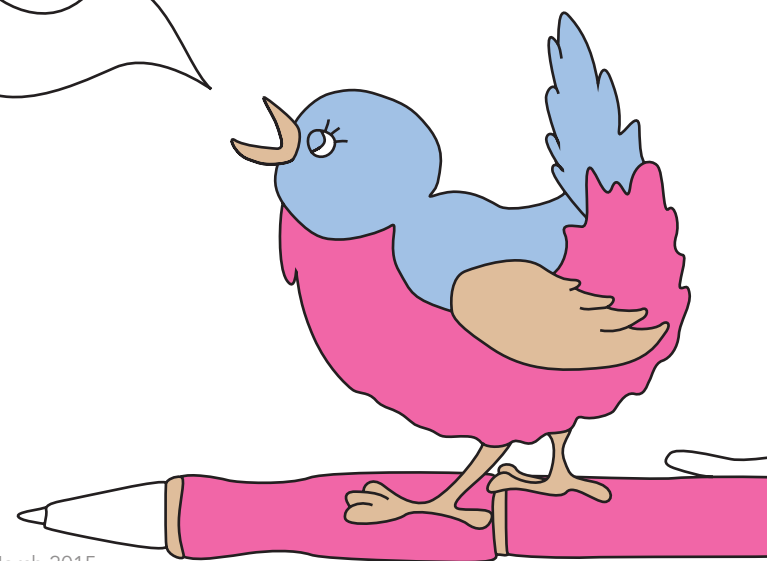
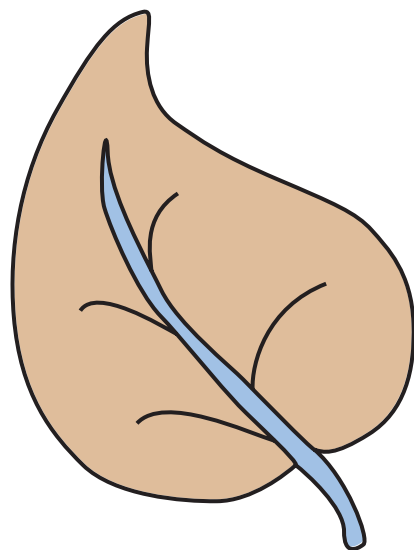
- Tom Grimes -

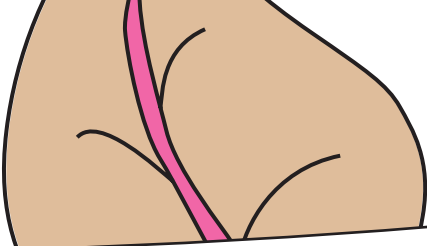
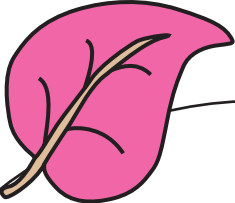




Though you have broken your vows a
thousand times, come, yet again, come.

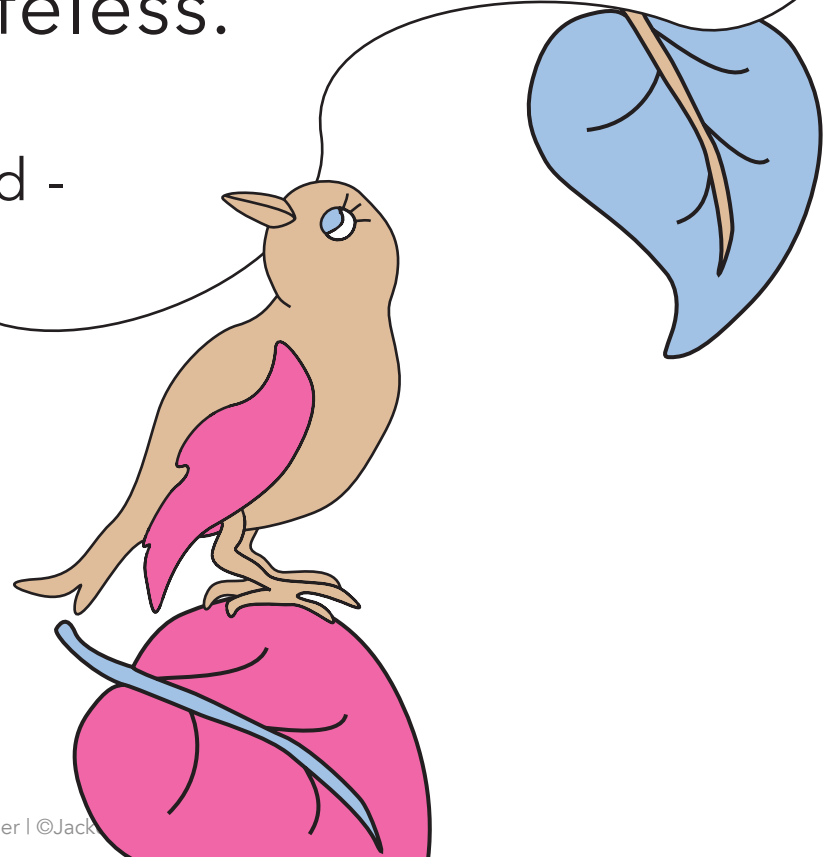
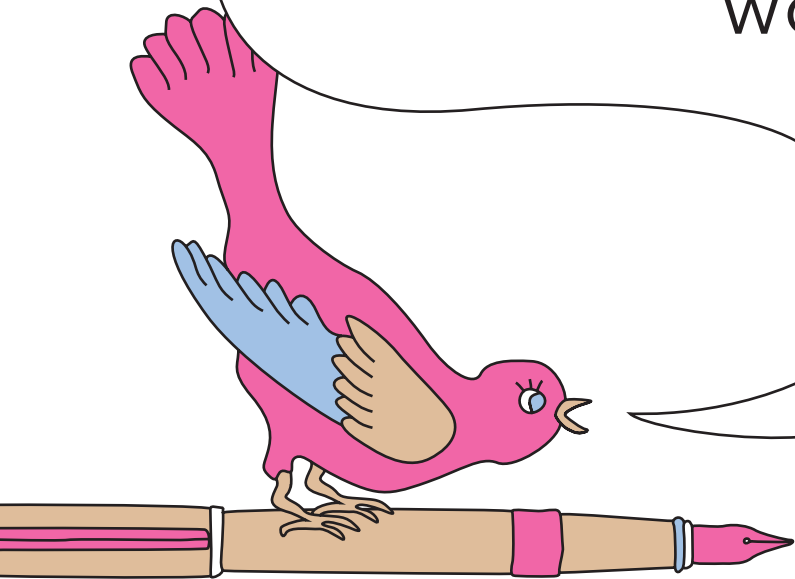
- Rumi -

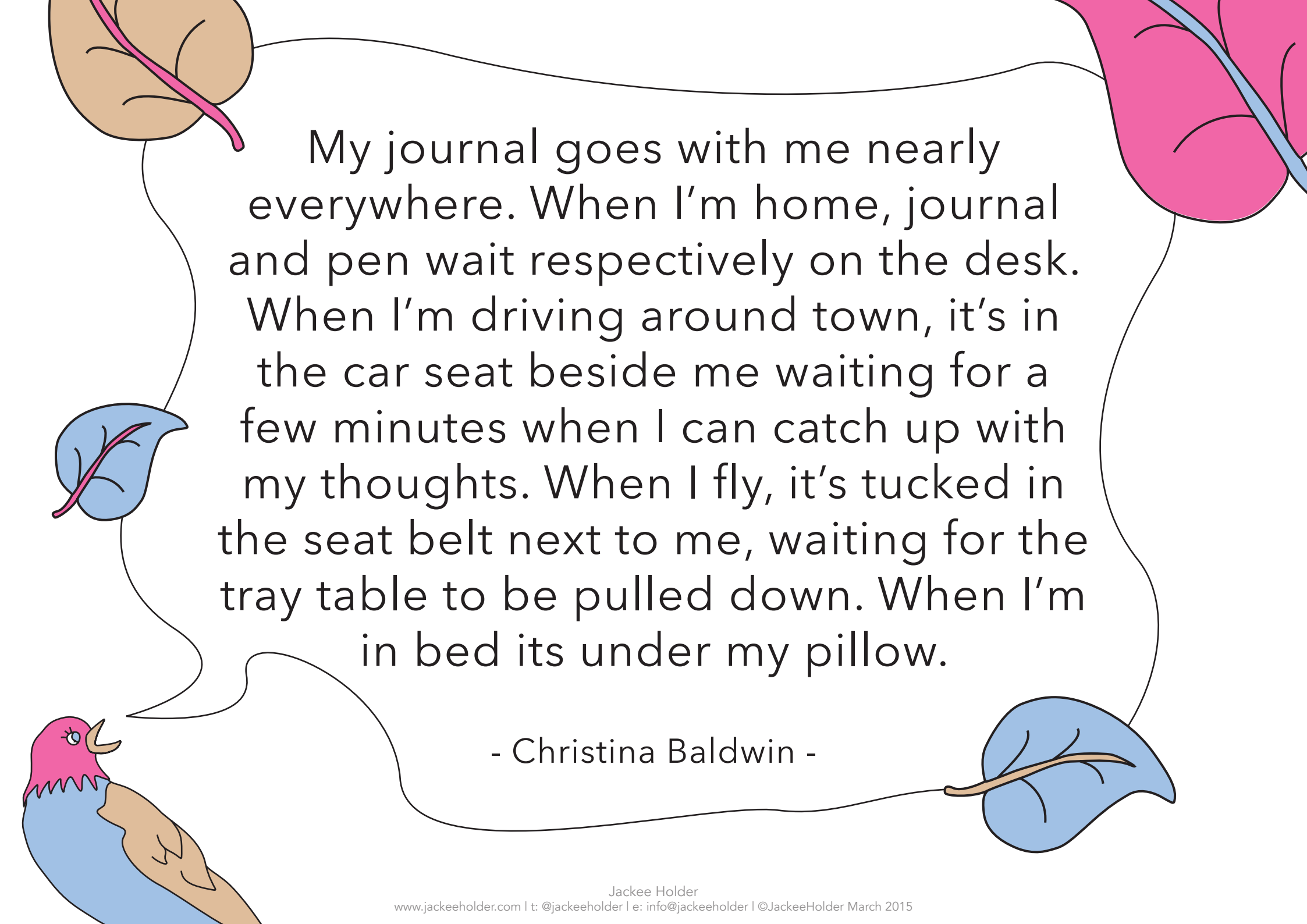




.... "a violin, played everyday will keep the vibrations of the music in its body, even while lying still and silent. If it is not played everyday, the vibrations dissipate and the wood grows lifeless."

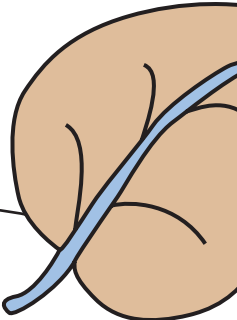
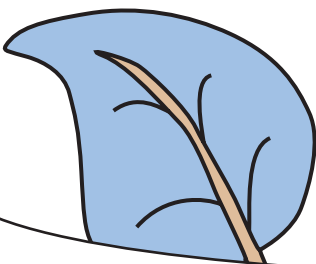
- Kim Stafford -





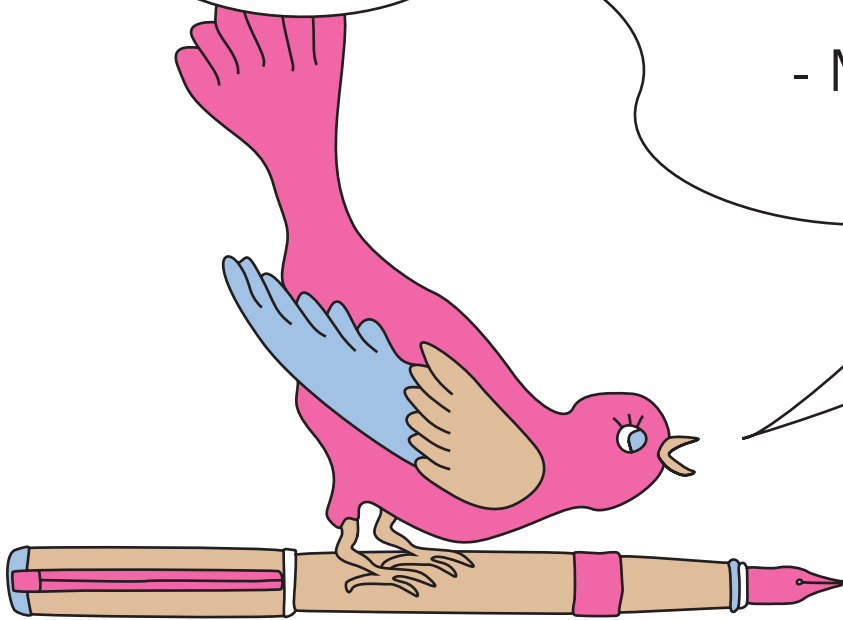
My journal goes with me nearly everywhere. When I'm home, journal and pen wait respectively on the desk. When I'm driving around town, it's in the car seat beside me waiting for a few minutes when I can catch up with my thoughts. When I fly, it's tucked in the seat belt next to me, waiting for the tray table to be pulled down. When I'm in bed its under my pillow.

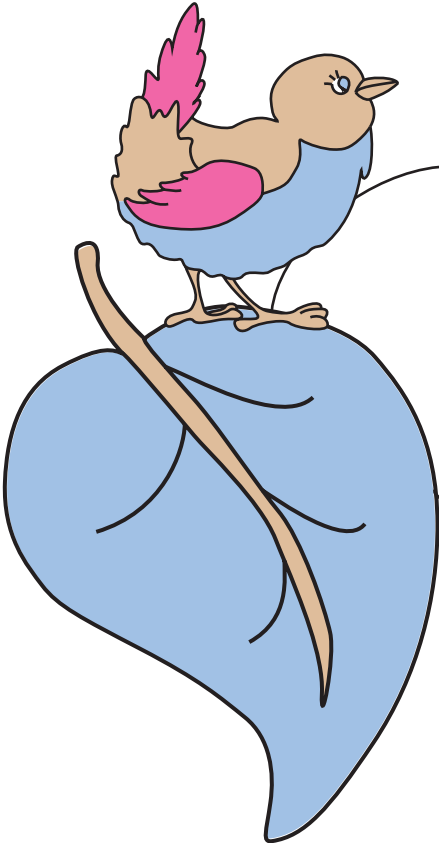
- Christina Baldwin -



On the days when nothing comes to me, I copy
by hand passages that accomplish what I'm
trying to do.

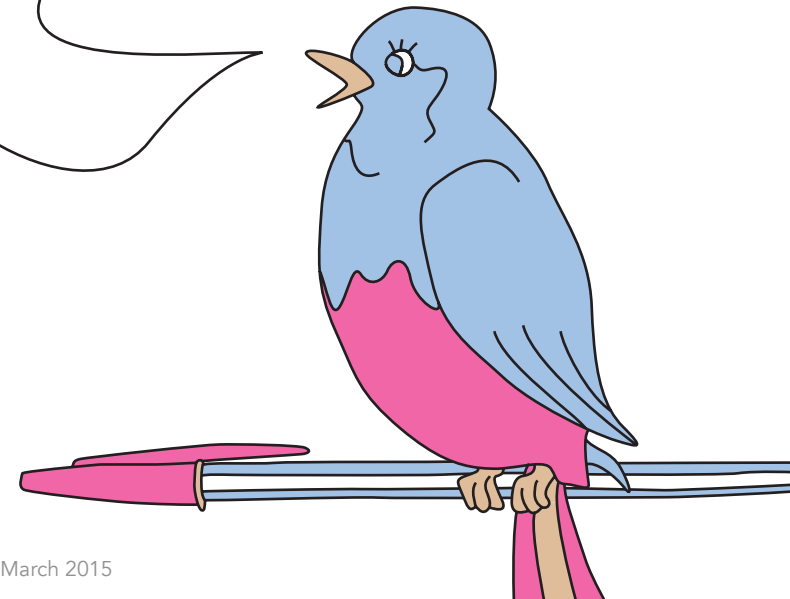
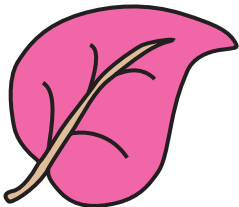
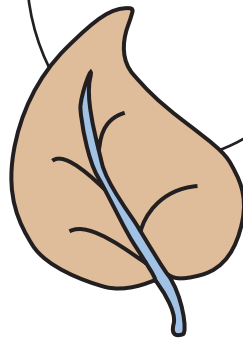
- Molly Gordon -



A small bird with a brown head, blue body, and pink wings is perched on a large blue leaf. A thin brown branch is also on the leaf.

Be regular and orderly
in your life so that you
may be violent and
original in your work.

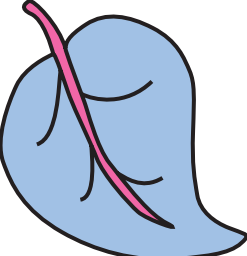
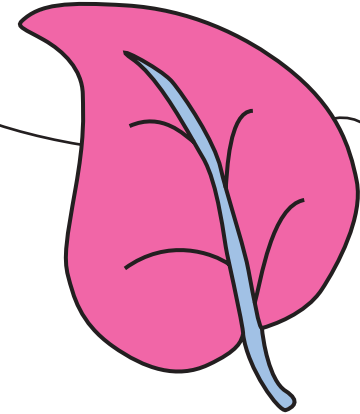
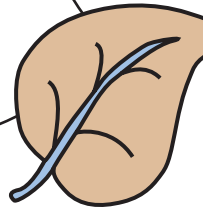
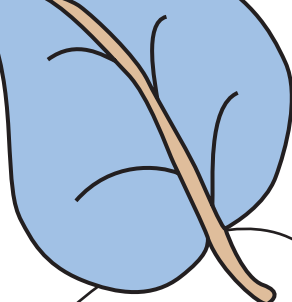
- Gustave Flaubert -





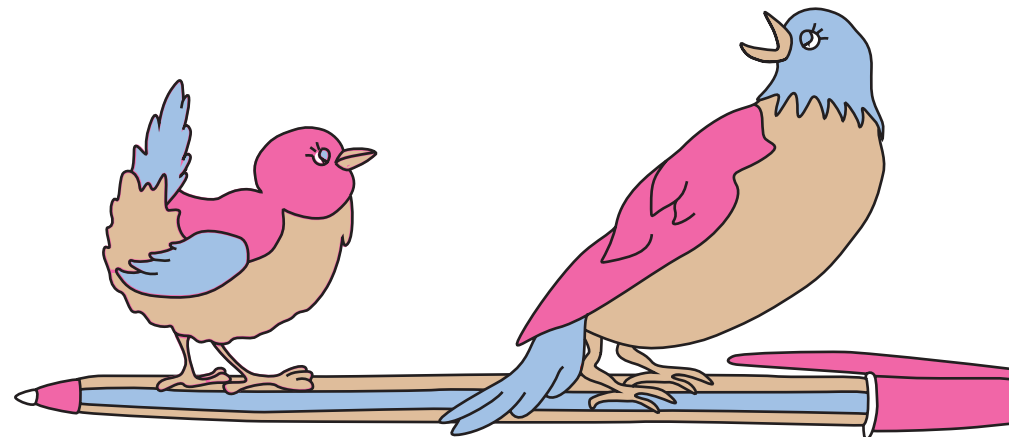
As I write I create myself again and again.

- Joy Harjo -



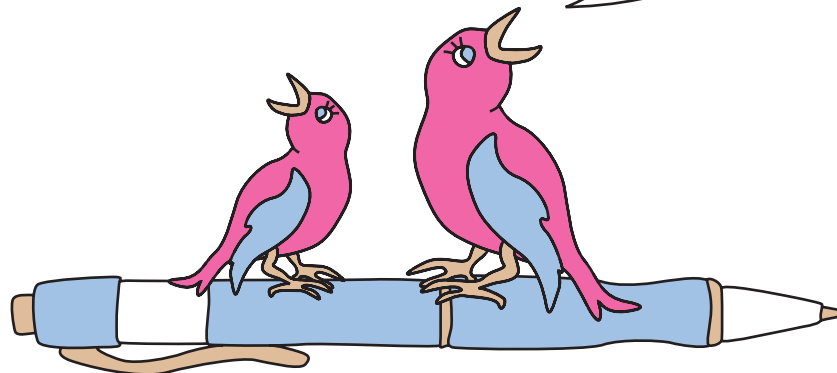
Fiction can be even more exposing than memoir
- a map to the inner world, the subconscious
internal workings, the obsession and fear and
sweet joys of the writer.


- Dani Shapiro -



As writer/artist your journal can be a daily diary of events, but it can also be your mulch, your seedbed, the womb of your art. It can be the safe place for writing first draft material, for experimenting, for gathering and keeping impressions and information for future work.

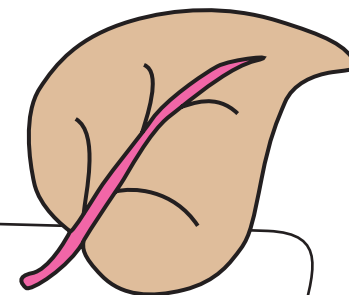
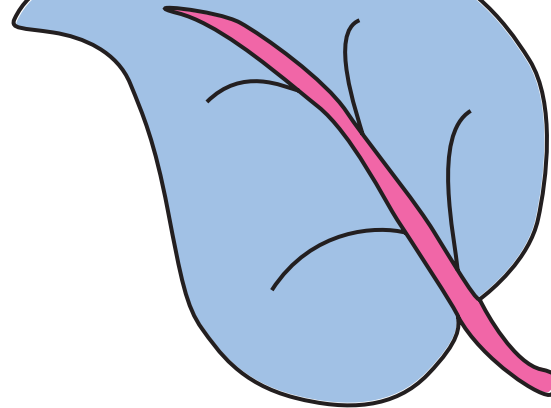
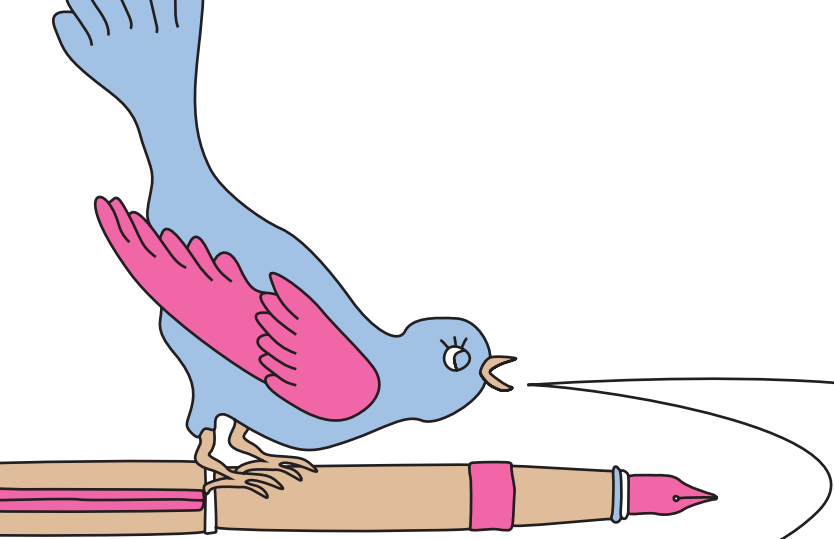
- Pat Schneider -





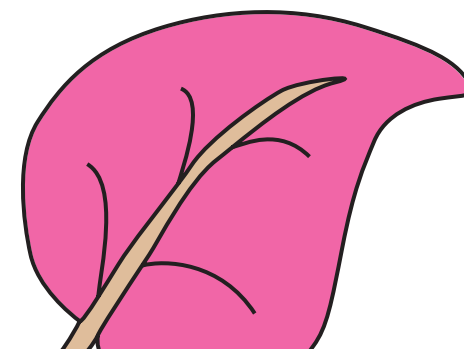
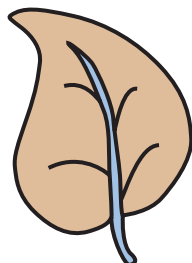
Sometimes people reveal more when
discussing fiction than they ever would
over a coffee.

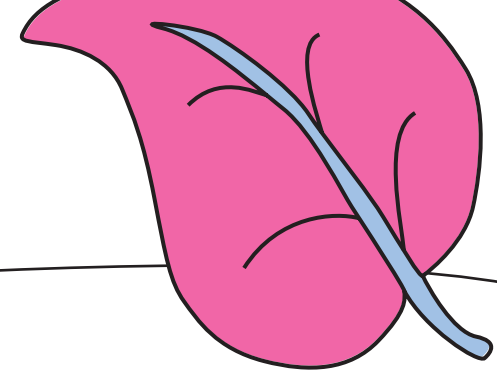
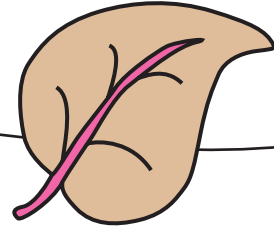
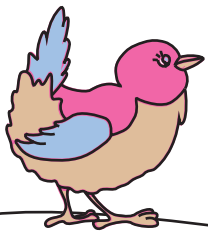
- Frances Ambler -



"Ink runs in our veins and tells the world
what we are like."

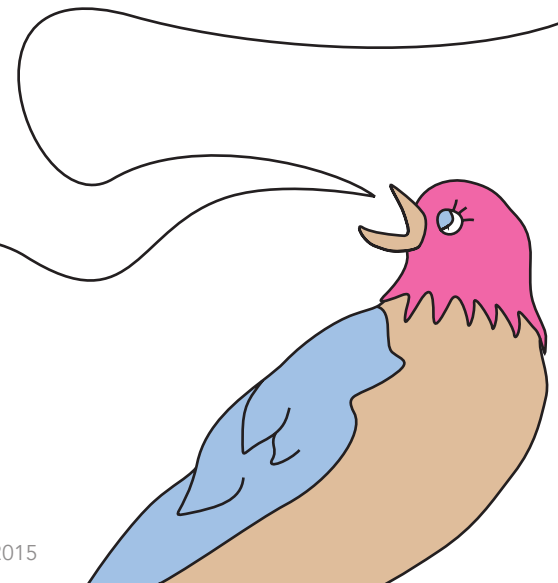
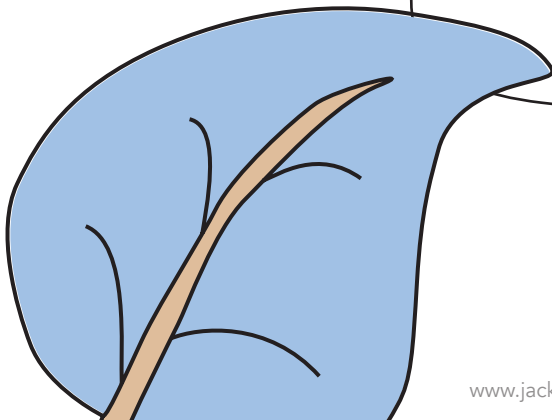
- Phillip Hensher -

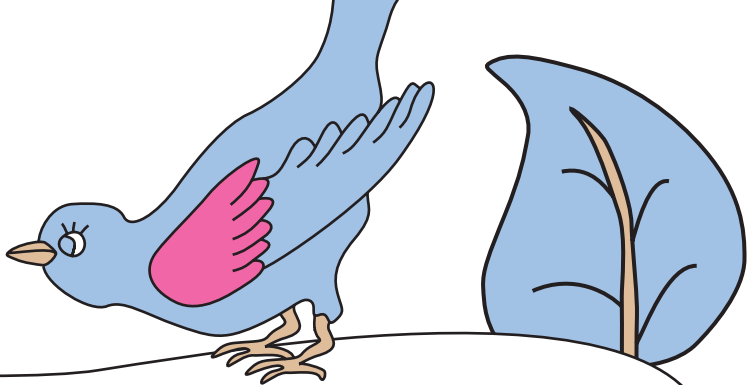
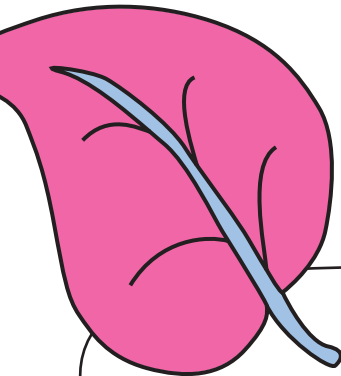




Trust that the bore bending your ear on the plane
or the ranting taxi driver on the ride home never
kept a journal. Their egotism leaks out publicly
instead. You become their journal, a live blank
page, held hostage in a seat. Think of journals
as a safe, private way to have it siphoned off, re-
thought, vented.

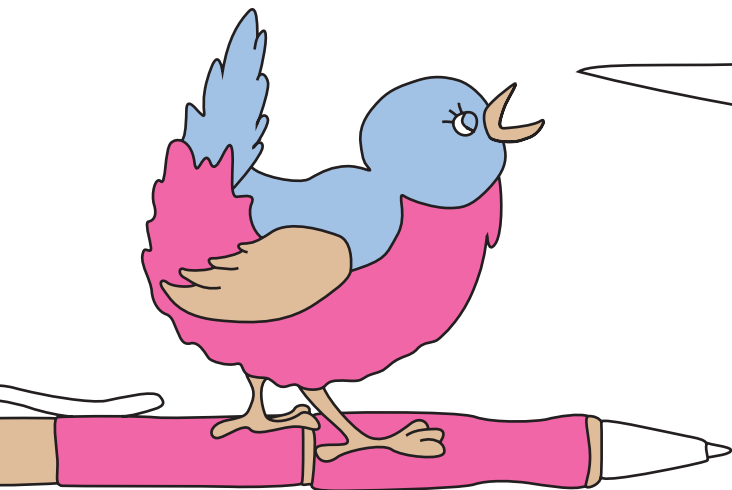
- Alexandra Johnson -

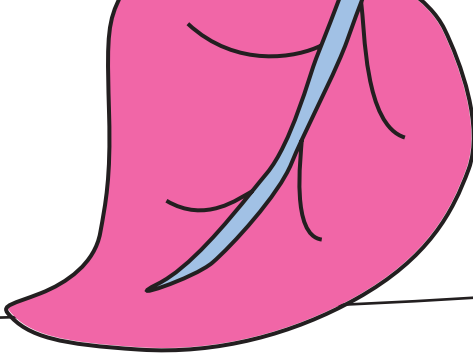
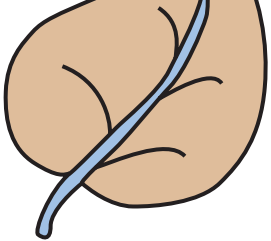




"There is a deeper power and wisdom
inside of you that is "always on" but
massively underutilized."

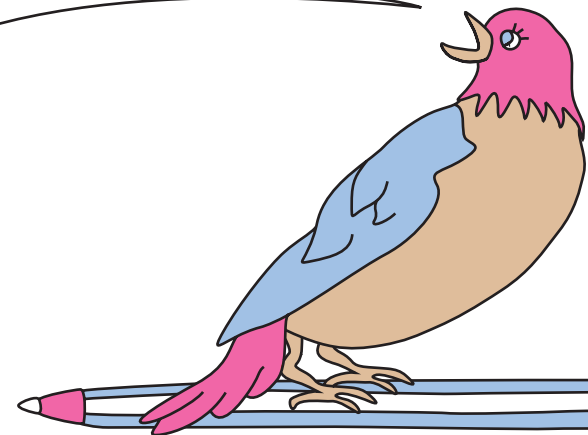
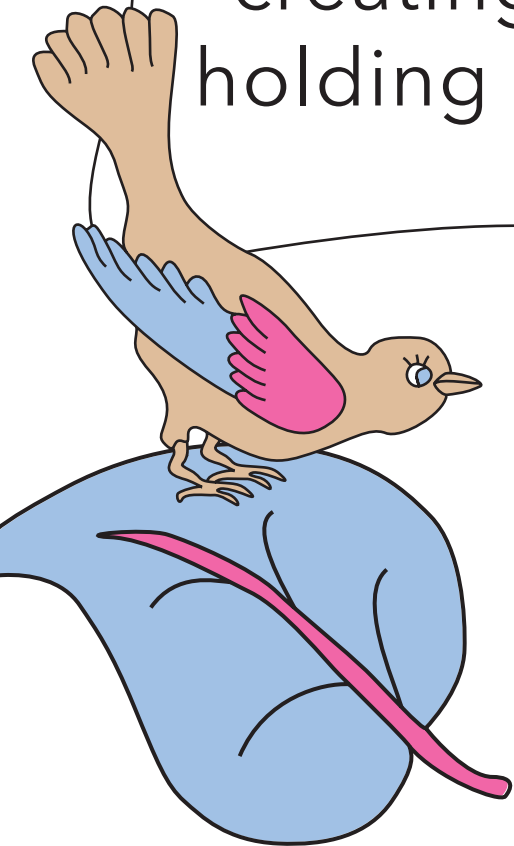
- Michael Neil -

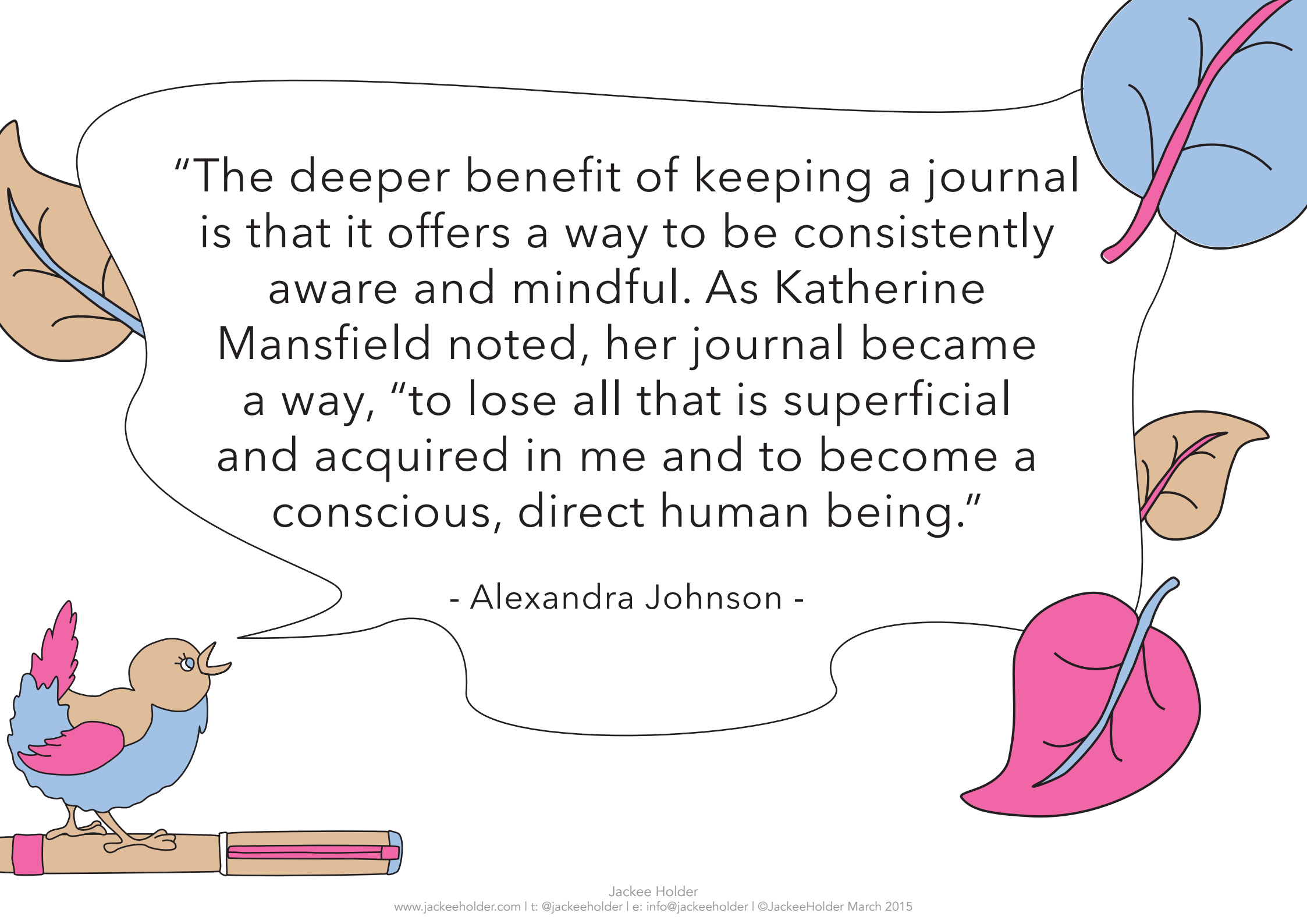




But if you don't write secrets, if you tiptoe nervously around whatever you've got concealed, you risk creating vague and untrustworthy writing. Also holding back some things means being guarded about other things.

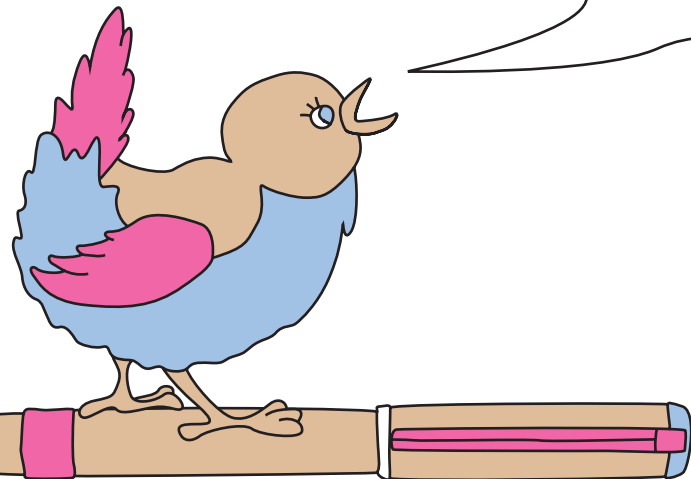
- Judy Reeves -





"The deeper benefit of keeping a journal is that it offers a way to be consistently aware and mindful. As Katherine Mansfield noted, her journal became a way, "to lose all that is superficial and acquired in me and to become a conscious, direct human being."

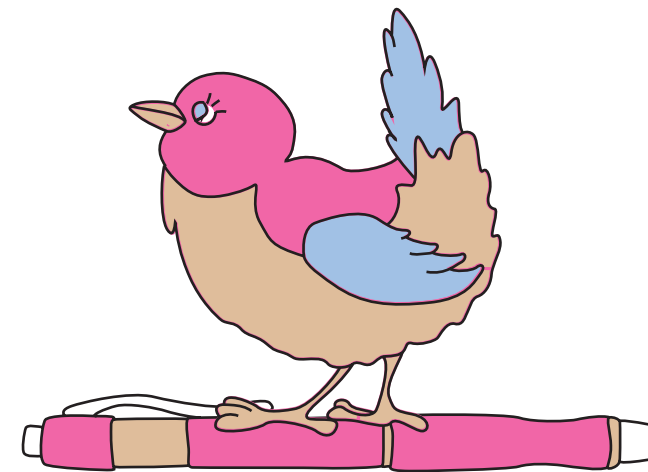
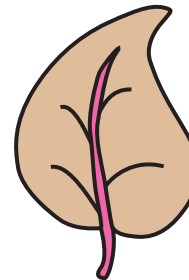
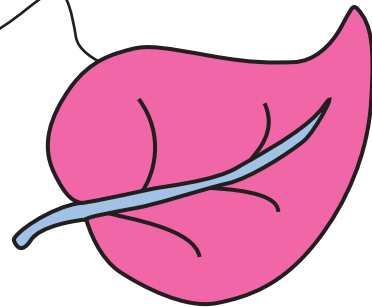
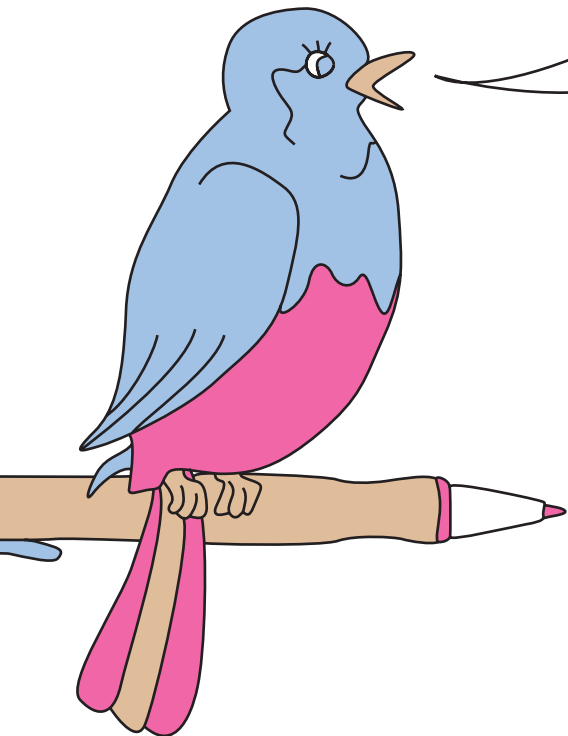
- Alexandra Johnson -





Writing heals the writer and when it is brave
and true it may heal the reader.

- Pat Schneider -



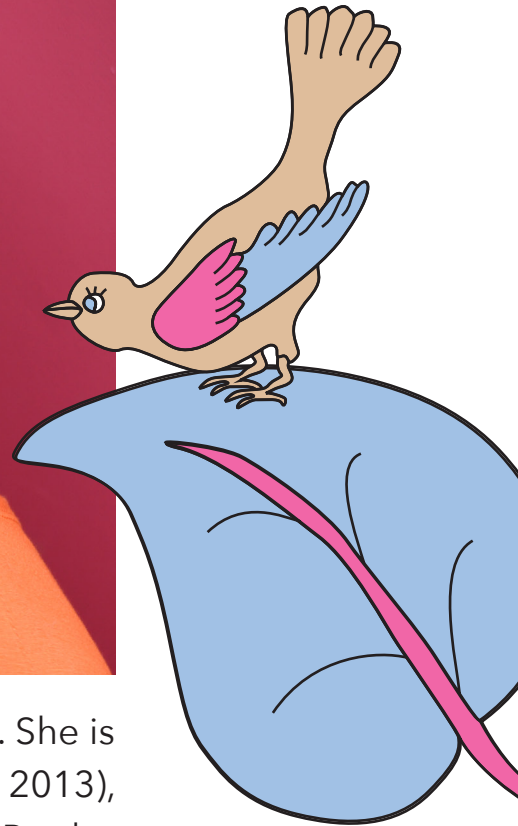
A whimsical illustration featuring a pink bird with blue wings perched on a brown fountain pen with a pink band. A speech bubble originates from the bird, containing a quote. The background is decorated with stylized leaves in brown, pink, and blue. Another pink bird is shown in flight on the left, and a large blue leaf is at the bottom left.

"Writing is a form of therapy."

- Graham Greene -



About Jackee



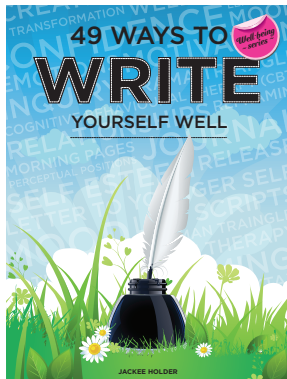
Jackee Holder is a transformational coach, coach trainer and coach supervisor. She is the author of three books, *49 Ways To Write Yourself Well* (Step Beach Press, 2013), *Be Your Own Best Life Coach* (Infinite Ideas, 2009) and *Soul Purpose* (Piatkus Books, 1999). Jackee helps and inspires others to connect to their creativity and authenticity through coaching, writing, training and her love of trees and nature. As a passionate lover of books you can read more about her loves and likes and what she gets up to on her blogs at:



www.jackeeholder.com Twitter: @jackeeholder or LinkedIn: JackeeHolder

Jackee Holder

www.jackeeholder.com | t: @jackeeholder | e: info@jackeeholder | ©JackeeHolder March 2015



Other products available from www.jackeeholder.com

The Journal Journey Guide book 2014

http://www.jackeeholder.com/wp-content/uploads/2014/01/Journal_Journey_Guidebook_January_2014_small_version.pdf

The Paper Therapy Manifesto 2014

http://www.jackeeholder.com/wp-content/uploads/2014/08/Paper_Therapy_Manifesto_2014.jpg

Be-Leafs Tree

<http://ow.ly/s68c9>

Writing Manifesto

<http://ow.ly/h3PMJ>

Creativity Manifesto

<http://ow.ly/grCKJ>

Nature Manifesto

<http://ow.ly/h3PoF>

Wheel of Life Tree Audit

<http://ow.ly/grEFY>

The Wheel of Life Tree Playbook downloadable guide 2014

<http://www.jackeeholder.com/wp-content/uploads/2014/05/JH-WoLT-Playbook-FIN-9May2014.pdf>

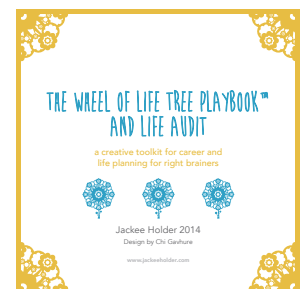
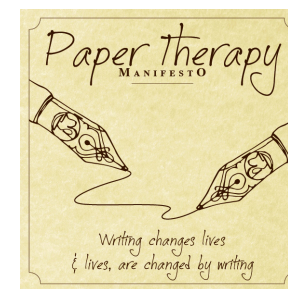
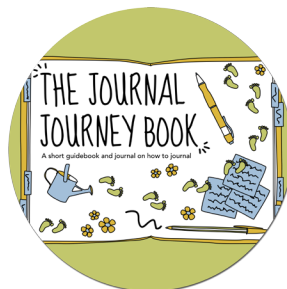
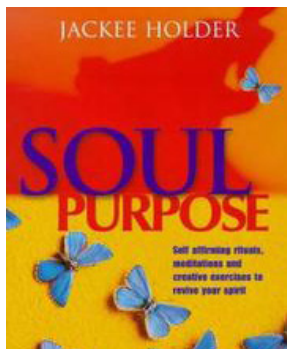
You can find our free downloads at our website: www.jackeeholder.com

If you are interested in coaching with Jackee or attending her annual Greece writing retreat in May 2015

<http://www.alexandros-kalikalos.com/creative-writing-greece> she'd be delighted to hear from you.

Contact her at info@jackeeholder.com or on Twitter: [@JackeeHolder](https://twitter.com/JackeeHolder) or keep in touch and sign up for her monthly newsletter here:

<http://www.jackeeholder.com/contact/>





Published by Comfort & Joy Books 2015

www.jackeeholder.com | www.chiyedza.com