



# Writing from the Inside Out: Transforming Your Psychological Blocks to Release the Writer Within

*Dennis Palumbo*

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## **Writing from the Inside Out: Transforming Your Psychological Blocks to Release the Writer Within**

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"wise, compassionate, and funny..."

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"Dennis Palumbo provides a sense of community in the isolation of writing, of knowing that we are not alone on this uncharted and privileged journey. He shows us that our shared struggles, fears, and triumphs are the very soul of the art and craft of writing."

—**Bruce Joel Rubin**, screenwriter, *Ghost* and *Deep Impact*

Writer's block. Procrastination. Loneliness. Doubt. Fear of failure. Fear of rejection. Just plain...fear. What does it mean if you struggle with these feelings on a daily basis? It means you're a writer. Written with a unique empathy and deep insight by someone who is both a fellow writer and a noted psychotherapist, *Writing from the Inside Out* sheds light on the inner life of the writer and shows you positive new ways of thinking about your art and yourself. Palumbo touches on subjects ranging from writer's envy to rejection, from the loneliness of solitude to the joy of craft. Most of all, he leads you to the most empowering revelation of all that you are enough. Everything you need to navigate the often tumultuous terrain of the writer's path and create your best work is right there inside you.

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