



Ten Steps to write your book in one day!

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10 Steps for writing a book in one day!

Step One: Gather tools:

1. 16 blank sheets of paper & a pen or pencil
2. Audio Recorder or video recorder

Step Two: On the first sheet of paper, write the *title of your book*.

Step Three: On the second sheet of paper, write the numbers 1 through 10. Then, write the *headline of each chapter* next to each of the numbers.

Step Four: On the next 10 sheets of paper, across the top of the page, write the *headline of each of the chapters*, dedicated one page to each chapter. Under each chapter heading, write 10-15 questions that someone would ask you if inquiring about that chapter's topic (questions they would want answered from you, the expert).

Step Five: On the next sheet of paper, write *Sources*. On this page, record your references: books, websites, and articles you have references during the creation of your ideas and book topics. Write down the names of people you may have talked to, as well.

Step Six: On the last sheet of paper, write *Appendix*. Record any other information you wish to include in your book, notes for yourself, a list of images, charts or graphs, etc.

Step Seven: Find a *resourceful person*, someone you trust to ask you the questions you have written under each of the chapter headings. Have your resourceful person ask you the questions as you have them written, and any additional follow-up questions to elaborate. They ask you questions, you answer. Record your animate responses with an audio or video recorder. Remember to be detailed, candid, and animated with your responses, elaborating on ideas or themes you wish to convey within your book.

Step Eight: Have the audio or video transcribed. You may send your recording to a transcriber (such as etranscriptioninst.com) to have your recording translated into written text. Your manuscript will then be in a written document format.

Step Nine: Review the document for errors, make corrections, edit sentences, add additional information, and provide a flow for the book. If this task is too difficult for you, you may consult an editor from International Health Publishing to provide copy-editing for your manuscript to finalize the book.

Step Ten: Send your manuscript to International Health Publishing for review to be published. International Health Publishing will guide you until you have a publishable manuscript with proper syntax, indexing, and annotating.

Express your message. Dream big, and follow your dreams of writing a book. It would be a waste to look back and say you didn't write your book when you've been saying you want to... for how long now?

“Write it, publish it, and share thy legend!”