

## Chapter One: Take a Long Exhale

I have been working with aspiring authors for the last three decades. One of my most unique and identifiable strengths is that I focus a great deal of my efforts in dealing with who the authors are on the inside, on what makes them tick.

It's simply not enough to offer a proven successful method to publication or writing a book if that user, because of past experience and personal baggage left over as a result, is unable to implement it.

In that light, let's take a deep breath together followed by an even deeper exhale. Do that right now.

It's the exhale you know that releases the tension, residue of past mistakes; the deeper the exhale the more that you need to get rid of is released.

Take another deep breath and a clearer exhale. Get used to doing that as you move through this book. Sure, things are changing and that change is drastic and painful for so many, but that doesn't mean that the change is not only necessary—it is good. Know that you will end up in an even better place on the other side.

Inhale—that's it—and exhale deeply. Blow out any resistance you may be feeling. Let that stuff from your past go: your past thinking, the pain associated with past failures in writing and/or publishing; and any anger or frustration you may have as a result of these failures. It hasn't served you and isn't serving you now. In fact, it's eating up all of the space that you will desperately need for the info you are about to absorb.

This new system is vastly different from what we knew before. This new system will be not only a lot better but vastly more efficient, way, way, way faster, easier, more successful, and, for you as an author, more profitable—even as a new author—by a minimum of 800 percent.

Are you feeling any better?

Exhale deeply— so deeply that your diaphragm comes way in and your shoulders round to meet it.

Exhale. It has been said that when God closes a door, he also opens a window.

In this case, he has closed a door and opened a garage door for a four-car garage, and you—yes, you, right now—will be the recipient of that opening.

Exhale.

*Hallelujah!*

Now, before going on to the next chapter, go to my website, <http://tombird.com/>, click onto the menu entitled “Freebies”, download my free *Transitioning Back to the Author You Were Meant to Be* CD,” and begin listening to track 2 during the day. It’s a subliminal CD, so you can play it while you’re doing just about anything. There is nothing better for helping you reprogram yourself and return to living and breathing—to becoming the author you were meant to be.