

THE *Tiny Book* COURSE

**How To Write a Book...
When You Have Absolutely
No Time To Write a Book**

At this class, we're covering:

- Why bother writing a book?
- How to choose a book topic that fits the reality of your life.
- 5 types of books that don't take forever to write.
- How to create more time to write.
- Why you might want to write a tiny book (30-70 pages) instead of a standard length book (200-300 pages).
- Why tiny books are really powerful.
- A little info about The Tiny Book Course (hooray!)
- Closing questions.

Why bother writing a book?

Why do this?

Challenge yourself to come up with 5 reasons why writing a book feels important to you.

For example:

I want to write a book...

1. Because I want to impact others. I have something to share that might change someone's day, or even change their whole life.
2. Because I want to be a role model. I want my kids to watch me tackle a new, challenging project and actually complete it.
3. Because I want to experience the feeling of holding a finished book in my hands and knowing, "I did it!"
4. Because I want to give copies away to my clients, colleagues, friends, and family as gifts for the holidays!
5. Because I just WANT to. Period. Wanting is reason enough.

What are your reasons?

I want to write a book...

1. Because _____

2. Because _____

3. Because _____

4. Because _____

5. Because _____

Any other reasons?

How to choose a book topic and concept that fits the reality of your life.

Maybe you have a very full plate: work, clients, kids, pets, caregiver for elderly parents, volunteer commitments, activism, school from home, and more.

Or maybe you have another factor (like a health condition) that places limits on your time and energy.

If that's your situation, we encourage you to choose a book topic and concept that fits the reality of your life.

If writing a complex 300-page book sounds completely overwhelming, then...don't do that.

You can choose another path. By doing so, you are setting yourself up for success.

Questions to consider:

1. Which topics light you up? Make a list.
2. Is there a topic you feel like you "should" write about because it is "logical" and "makes sense" based on your career path? Does that topic *really* energize you? Or is there another topic that calls to you much more strongly?

5 types of books that don't take forever to write.

Most people think, "It takes a reeeeeeeally long time to write a book. A whole year or even multiple years! I will never be able to finish!"

Not necessarily true!

Here are 5 types of books that don't take forever and ever to write.

Quite a few of the following books were written by people who took our [Tiny Book Course](#), and they wrote their beautiful books in less than 45 days.

Some of these books got written in one weekend...or even just a few hours!

1. Letter Book

A collection of letters...bundled together as a book.

These could be letters to your kids, letters to your spouse, letters to your clients, to your younger self, to anyone who is battling depression, any kind of letters you want.

Dear Strong Black Woman: Letters of Nourishment and Reflection from One Strong Black Woman to Another - Jennifer Sterling

I Love You Thiiiiiiiiis Much: Letters For My Kids From Your Mom - Andrew Dow

2. List Book

Make a list of tips, suggestions, action steps, activities, tiny exercises, or anything else. Add some artwork or photos (or not!) and boom! Instant book.

30 Ways You Can Educate Yourself, Fight Racism, Build a Better World - Lindsey Smith and Alexandra Franzen

52 Ways to Love Your Body More - Lindsey Smith

50 Ways to Say You're Awesome - Alexandra Franzen

10 Reasons Dogs Are the Absolute Best: A Book of Tiny Tails - Amanda Gist

3. Question Book

Write a list of intriguing questions, conversation prompts, or journaling prompts for your reader to contemplate. Questions to meditate on, pray on, journal about, or discuss with friends. Voila! Your lovely book is done!

Our Q&A A Day: a 3 Year Journal for Couples - Alexandra Franzen

Write Your Heart Out - Lindsey Smith

4. How-to Book

Write a short book explaining how to do something.

How to welcome a new dog into your family. How to bake the best cookies ever. How to cope with a death in the family. How to be an anti-racist activist. Any topic you're knowledgeable about.

You don't have to go into huge detail and write hundreds of pages. You can just cover the "most important steps" or "main things" or "first things" that your reader needs to know. Keep it simple.

Think: "I want to give my reader a couple of simple, powerful ideas, but without overwhelming them with too much info."

More Restful Sleep Tonight: 15 Small Acts to Set Yourself Up for More Restful Sleep - Claudia Olivie

ISPEAQ: How to Speak Up for Yourself and Have Difficult Conversations - Kristen Carter

Joy Pie: 8 Ingredients for Manifesting a Sweeter Life - Jodi Scott

5. Journal Book

A journal typically has very little text and lots of blank space for the reader to write inside.

You could write a brief introduction (“Why I created this journal”) and a few guidelines on how to use this journal. And...you’re done!

Ideas:

- A journal for new parents to record memories of their child’s first year.
- A journal for someone going through a divorce to process emotions, deal with grief, and feel stronger
- A journal that reminds people to slow down and find joy in everyday life. Invite your reader to jot down their favorite “joy moment” of the day.

How to create more time to write.

- Are you female? In a heterosexual relationship?

On average, women do 16 hours of household chores weekly while men only do 6...EVEN WHEN both people work full time! That ain't right!

Delegate more chores to your dude! Boom. Now you've got 5-10 more hours every week. Hello, writing time!

This goes for queer couples, too. Even if you're in a same-gender partnership, assess the division of labor. Things might be imbalanced.

[Source: The Independent]

- Do you use social media?

On average, most Americans spend 2 hours and 24 minutes per DAY engaged in social media: scrolling, reading, posting, commenting, watching videos, etc.

Take a one-week break from social media and boom! You just reclaimed over 14 hours of time. Go write!

[Source: Statista]

- Do you watch Netflix?

Yup, us too. Netflix is seriously fun and we're all about treating yourself to some cozy relaxation time!

However, consider taking a break (or cutting back) while you work on your book. On average, Netflix users watch 3.2 hours per day. It really adds up.

[Source: TV Insider]

- Do you struggle to say no?

Is your calendar crammed from wall to wall? Do you say "Yes!" when you really mean, "Ugh, no." Do you give your time to everyone else while leaving zero time for your own creative projects, passions, or even your health?

Start flexing your "No" muscle a little more. Or A LOT more. You will free up thousands of hours per year.

Use Alex's Free Guidebook on How To Say No for communication tips!

- Do you work surrounded by tons of distractions?

When you sit down to work, are you distracted by incoming texts, email notifications, social media pings and dings and DMs, dozens of tabs open on your browser, knocks at the door, and constant intrusions?

If so, you are putting your brain into a **low-performance state**. A project that might normally take 1 hour will take 4 hours, because you cannot focus and get into your flow.

Eliminate distractions and you will immediately be able to do high-quality writing...faster.

Read: [Deep Work: Rules for Focused Success](#) by Cal Newport to learn more about how distractions cause “attention residue” to build up in your brain—aka: mental gunk that slows you down. Clear distractions and you will feel (and write) so much better.

You might also want to read: [Indistractable: How to Control Your Attention and Choose Your Life](#) by Nir Eyal.

Why you might want to write a tiny book (And, why tiny books are really powerful)

A few reasons why you might want to write a tiny book (30-70 pages) instead of a standard length book (200-300 pages)...

1. Because tiny acts of kindness can change people's lives. Tiny projects can change the world. Tiny things are a big deal. Just because something is "short" or "small," that doesn't mean it's any less powerful.
2. Because sometimes a brief, simple book is actually *more impactful* for your reader than a huge, dense, complicated book. By keeping things simple, you're doing a great service to your future reader.
3. Because maybe for you, writing a 300-page book sounds exhausting. But writing a shorter book that's 30 to 70 pages long? That feels doable!
4. Because you'd like to experience what it feels like to write a short book—understand the process and how to do it—so that eventually you can write a larger book. Kinda like running a 5K race before you attempt a marathon.
5. Because you want to choose a tiny project so that you can SUCCEED (yesssss!), feel victorious, and add some coins to your confidence bank! You can always graduate to bigger projects later, if you want to.

6. Because you can sell your tiny book on your website, on sites like Amazon, or give away copies to friends, family, colleagues, and clients.

7. Because it feels so amazing to hold the completed book in your hands!

Read: [25 more reasons to write a tiny book](#). :)

A little info about The Tiny Book Course

tinybookcourse.com

Want to write a book? We help you get it done.

The Tiny Book Course guides you from Point A (“I want to write a book!”) to Point B (“I did it! My book is done!”) in **45 days or less**.

We show you how to write and self-publish a **Tiny Book** on any topic that excites you.

Do our **Classic Level** (watch tutorial videos, join the live group calls, follow along, do it yourself) if you’re on a budget. \$595.

Or choose the **Done-For-You VIP Level**, and our professional book production team handles all the editing, design, and production for you (all you have to do is write!). \$2995.

We offer payment plans so you can pay a little now, and pay the rest later. See more info about the course and sign up here:

tinybookcourse.com

Enroll before **October 1, 2020**. Hooray for new books!

Thank you for being here!

Closing questions:

1. After today's class, how do you feel? Do you feel more inspired to write a book? Or do you feel like, "*hmm, actually, this just isn't something I want to.*"
2. Do you have a book topic in mind? What is it?
3. Do you like the idea of writing a tiny book? Does that sound doable for you?
4. What's the main thing you are taking away from today's class? Is there one idea that's sticking with you especially strongly?
5. Do you think you'd like to join The Tiny Book Course?

If not, no worries!

If so, be sure to sign up before **October 1, 2020**. You can see info [here](#). You can also [schedule a phone chat](#) if you want to ask a few questions before enrolling. Thank you!