



# One Continuous Mistake: Four Noble Truths for Writers (Compass)

*Gail Sher*

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Based on the Zen philosophy that we learn more from our failures than from our successes, **One Continuous Mistake** teaches a refreshing new method for writing as spiritual practice. In this unique guide for writers of all levels, Gail Sher?a poet who is also a widely respected teacher of creative writing?combines the inspirational value of Julia Cameron's **The Artist's Way** with the spiritual focus of **Zen Mind, Beginner's Mind**. Here she introduces a method of discipline that applies specific Zen practices to enhance and clarify creative work. She also discusses bodily postures that support writing, how to set up the appropriate writing regimen, and how to discover one's own "learning personality."

In the tradition of such classics as **Writing Down the Bones** and **If You Want to Write**, **One Continuous Mistake** will help beginning writers gain access to their creative capabilities while serving as a perennial reference that working writers can turn to again and again for inspiration and direction.



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