

LYNDA GOLDMAN



Write to Heal

**7 STEPS TO WRITE
AND PUBLISH A
WELLNESS BOOK**

**THAT HEALS MORE PEOPLE,
MAKES YOU THE AUTHORITY,
AND LEAVES YOUR LEGACY**

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7 Steps to Write and Publish a Wellness Book that Heals
More People, Makes You the Authority, and Leaves Your
Legacy

Lynda Goldman

Praise for the Author

The definitive handbook for a health and wellness book

This is by far the most insightful guide I have ever read on the value of publishing a book in the health & wellness niche!

More than a mere endorsement, this is a step-by-step guide, a blueprint, really – for how to get it done, but from someone who has been-there-done-that. Having this book would have saved me months, perhaps years of time, when I published my first book. My advice: for anyone nursing that dream of publishing their health-and-wellness book, this is the definitive handbook! - *Dr. Russell Faust, M.D., Ph.D*

A fail-proof system to write your book

Lynda writes so well and thoughtfully to anyone exactly like me who feels overwhelmed by the prospect of authoring my book. I was surprised at how much I did not understand about the world of publishing. There is so much helpful information about how to maximize the value of my book to create more business—a real gift.

This book on its own or as a tool with Lynda as a coach would be fail-proof. How could you not complete your book? All the essential pieces are described, with resources and anecdotes to make the information more helpful. I would wager that this becomes “the little book that could” for completing published books. – *Bobbi Stobbart, Certified NES Bioenergetic Practitioner (Non Nursing) Cardiac/Medical yoga instructor (Nursing)*

From a dream to a book in my hands

Working with Lynda has been amazing. She helped me go from a dream to a book in my hands. She is professional, responsive and full of ideas. She provides tools and guidelines to help writers achieve their goals and makes a sometimes overwhelming process, manageable. I recommend this book as well as her coaching services without hesitation. -*Ingrid Kelada M.Ps, Business Psychologist and author of 21 Days to Happiness.*

Valuable guidance to a completed book that I’m proud of!

I followed through with Lynda's steps, and I now have a published book! I can attest that Lynda's valuable guidance propelled me forward, resulting in a completed book that I'm proud of.- Sally Lipsky, author of *Beyond Cancer: The Powerful Effect of Plant-Based Eating*

Gets you to the finish line

Lynda's book and coaching are amazing. Anybody that can help me get a book published deserves a reward. Lynda really knows her stuff and will get you to the finish line. – David Sandercott, forthcoming author of *21 Day Meditation Journey: Connect with Spirit in a New Way Every Day!*

From idea to sellable product

This book paints a clear roadmap for success. It's well written and easy to understand. By clearly spelling out the steps to take an idea from a thought to a sellable product, it's encouraging and provides a lot of support. -Daniel Lohman, *Organic & CPG Industry Strategic Advisor*

A roadmap to success

This book is excellent. The writing style made me want to keep reading. The 33 Golden Opportunities to Profit from Your Book re-ignited my passion and gave me a path towards my next book. Having a map always helps to shorten a trip and make it more likely you will finish. This book truly is that road map. -Dr. Michael Christensen, President, Christensen Associates, LLC and author of *2 Day Gift of Wellness*.

Replaces fears with "I can do it"!

This book takes away all the feelings of fear and anxiety of writing a book, and replaces them with "I can do it!" -Deb Thomas, *Holistic Nutritionist*

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Acknowledgments

About the Author



Invitation

For more valuable resources, tips and tools to help you write and publish your wellness book, I invite you to join me at **WellnessInk.com**

