

The MANA Sunset

A Newsletter for Writers, April 2014 Issue

MANA Minute

Our new program, the MANA Minute, offers an opportunity for people to advertise their products, books, and services via MANA's blog! The slots open for purchase are either up to 30 seconds or 31-60 seconds long and will air for a month on the blog. This marketing tool is priced very reasonably, considering how costly slots cost on radio and television stations. To learn more about this offer visit:

<http://marketingnewauthors.com/manaminute.html>

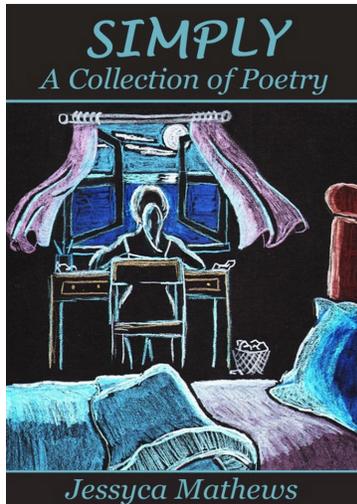
--Have questions or concerns about caring for a loved one? Eager for advice from people who know the struggles of caregiving? Authors Barbara G. Matthews and Barbara Trainin Blank have taken advantage of the MANA Minute marketing opportunity with their book, **WHAT TO DO ABOUT MAMA?: A GUIDE TO CARING FOR AGING FAMILY MEMBERS**. To hear about their life experiences, joys, and frustrations as caregivers, visit the MANA site and click the play button: http://manasunriser.blogspot.com/p/blog-page_24.html.

If you like what you hear and are interested in reading more, the website contains links to sites where the book is available for purchase.

--**YOU ARE NOT ALONE—A TRUE STORY OF SURVIVING THE RAPIDS OF ABUSE** by Lori Tice will also be featured on the MANA Minute webpage. Visit the site to listen to a 30 second blurb of her book. Contact MANA to learn more about purchasing options!

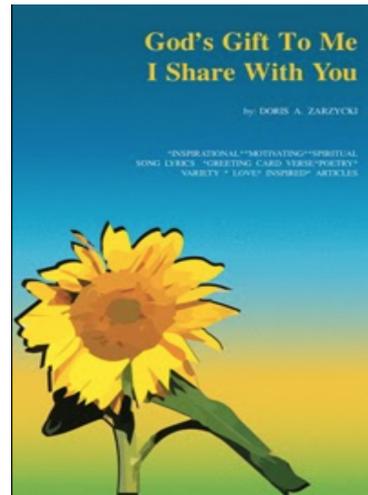
Take a MANA Moment!

Take a break; take a MANA Moment! MANA markets and distributes books of varied genres and by different companies. MANA is proud to showcase any book on its website. And so, in the upcoming months, MANA will be providing excerpts from their publications. MANA will present snippets from the following collections of poetry. These readings can be found on the MANA Blog at: <http://manasunrises.blogspot.com/p/robbie-dean-press-and.html>.



SIMPLY: A COLLECTION OF POETRY by JESSYCA MATHEWS. Jessyca Mathews won the 2013 MANA Passion For Poetry Contest. Her poetry collection contains a wide variety of themes and appeals to the child in all of us!

GOD'S GIFT TO ME I SHARE WITH YOU by DORIS A. ZARZYCKI. Mrs. Zarzycki's inspirational writings touch on various retrospections into her own life through poetry.



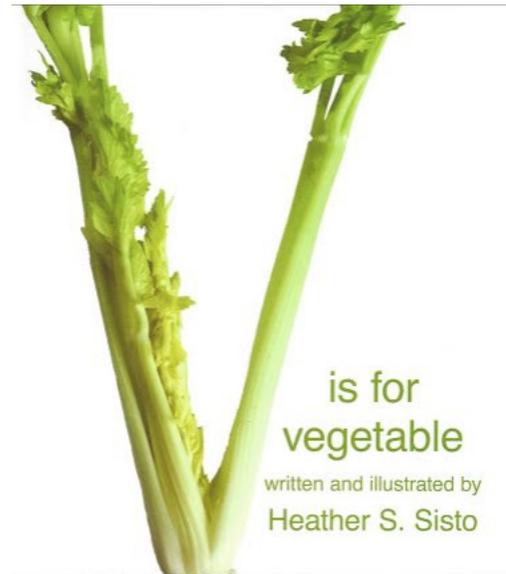
POEMS OF ELESIA K. POWELL. Elesia K. Powell won the 2014 MANA Passion For Poetry Contest. As part of her award for winning the contest, MANA will publish and provide digital marketing for Ms. Powell's poetry collection.

Our Congratulations!



DID YOU EVER TRY TO MELT A LEMON DROP by Richard Rose took first prize in MANA's prose writer's contest of 2013. Mr. Rose recently won the 2014 Great Southwest Book Festival for Compilations/Anthologies. Mr. Rose and two other authors were honored for this distinction at the Roosevelt Hotel in Hollywood. Our congratulations to him and his great success!

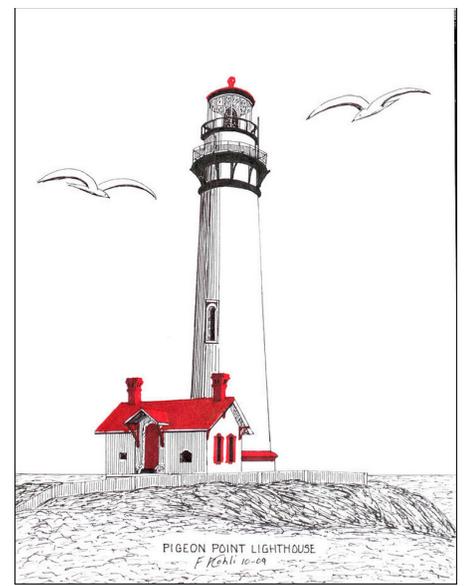
V IS FOR VEGETABLE by Heather Sisto was recently released by Robbie Dean Press, L.L.C.. Heather's beautiful illustrations of vegetables encourage little ones to eat their veggies while providing an opportunity for them to learn the alphabet!



STRATEGIC READING SKILLS FOR THE COLLEGE STUDENT: A GUIDE TO SUCCESS by Janet J. Anthony, Ph.D. has become available for purchase through Robbie Dean Press, L.L.C. Dr. Anthony has used the book as a course pack for a class. The college text may be read on its own or used in the classroom as a tool for college instructors. Check out the MANA website at marketingnewauthors.com and follow the link on the left side of the page for a listing of Educational Resources.!

*Great Lakes Colleges
Association*

*45th Annual New Writers
Awards*



Great Lakes Colleges Association (GLCA) calls for writers to submit their work in consideration of the following awards:

- 1) first book of poetry
- 2) first book of fiction
- 3) first book of creative non-fiction

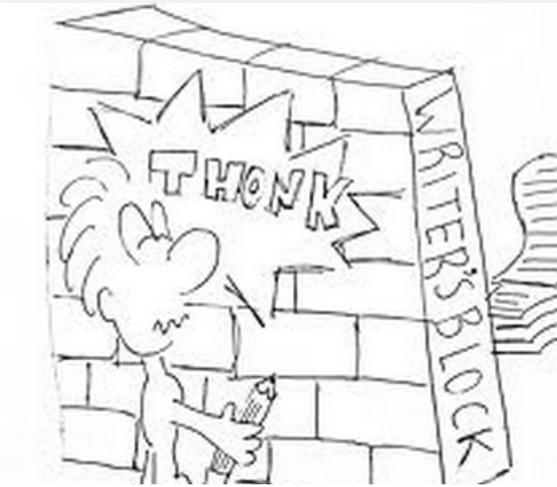
To be considered for any of these awards, entries must be postmarked no later than July 25, 2014. This is a great opportunity for writers to receive recognition for their work, which could spurn further literary opportunities! For more information, you can contact Ms. Collen Smith at smth@glca.org.



Quote of the Month

A word is dead
When it is said,
Some say.
I say it just begins
to live that day.

- Emily Dickinson



Tips for Overcoming Writer's Block

Ever find yourself unable to string together a coherent sentence, staring, open-mouthed at a computer screen, or drooling on a notebook while trying to write a story? If you answered yes to any of these

questions, there's a good chance you've experienced a minor case of writer's block. Don't be alarmed--there are simple cures for this annoying malady. Chuck Sambuchino provides some tips for how to get past the stunted creativity blues. The following excerpt was taken from an online version of *Writer's Digest*:

- 1.) Step away from whatever you're writing and do anything that's creative. Paint pictures, write poetry, design images in Photoshop, make a scrapbook or collage, or if you're masculine, build something in the garage.
- 2.) Do freewriting. Spend 15 minutes or more a day writing whatever comes off the top of your head. Ignore punctuation. Just write freely. Allow it to be totally random.
- 3.) Move your body. Dance, practice yoga or Tai Chi. This may sound funny, but when you get your body into flow, your mind follows. Meditate and take long, deep breaths.
- 4.) Eliminate distractions. Turn off the phone and unplug from the internet.
- 5.) Write early in the morning. When you first wake up, your brain is still in Theta mode, the brainwave pattern that your mind is in when you dream.
- 6.) Write while you sleep. Your subconscious mind is always problem solving, even when you're sleeping.
- 7.) The Glass-of-Water Technique. Before bed, fill up a glass of water. Speak an intention into the water. Drink half the water and then set the half-full glass on your nightstand. Go to sleep. When you wake up the next morning, drink the rest of the water immediately. Then go straight to your computer and write for at least an hour without distraction.

-Happy Writing!