



Writing from the Inside Out: The Practice of Free-Form Writing

Stephen Lloyd Webber

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True creativity flows continually throughout life, breaking free of form. In *Writing from the Inside Out*, author and yogi Stephen Lloyd Webber shares his practice of creative writing as a path for self-realization. This book includes many practical writing exercises and connects readers with esoteric tantric yoga insights, oral traditions, and Zen storytelling modalities. Using the methods in this book, Stephen was able to put together over twenty book-length creative projects in a year.

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