

writing com weight gain

writing com weight gain is a fascinating niche within online storytelling that explores themes of physical transformation, character development, and creative narrative twists. In this article, we'll dive deep into the world of writing com weight gain, examining how writers approach this subject, common story tropes, and the psychological and social dynamics involved. Readers will learn about the platform's unique features, popular weight gain genres, writing tips, and community engagement. Whether you're a writer seeking inspiration or a curious reader, this comprehensive guide will help you understand and navigate writing com weight gain content. Discover how this genre fosters creativity, supports diverse voices, and cultivates active discussions on body image and transformation. Continue reading to explore the nuances, benefits, and best practices for engaging with writing com weight gain stories.

- Understanding Writing Com Weight Gain Stories
- Popular Genres and Tropes in Weight Gain Writing
- Writing Tips for Weight Gain Stories
- Community Engagement and Reader Interaction
- Psychological and Social Themes
- Guidelines for Responsible and Respectful Writing
- Conclusion

Understanding Writing Com Weight Gain Stories

Writing com weight gain stories form a vibrant subculture within the larger writing com community, focusing on narratives of physical transformation and character evolution. These stories typically depict protagonists experiencing changes in body size, often as a result of magical, scientific, or everyday causes. The genre appeals to readers who are interested in transformation fiction, personal growth, and creative explorations of body image.

Weight gain narratives on writing com span a wide range of tones and styles. Some stories approach the topic with humor and lightheartedness, while others delve into serious, emotional journeys. Authors use the weight gain theme to explore self-acceptance, societal pressures, and the complexities of identity. The format allows for serialized storytelling, interactive plots, and reader input, making it a dynamic and engaging literary niche.

Popular Genres and Tropes in Weight Gain Writing

Within the writing com weight gain category, several genres and tropes recur frequently, reflecting diverse reader interests and creative directions. Understanding these can help writers craft compelling stories and attract a dedicated audience.

Transformation Fiction

Transformation fiction is a cornerstone of weight gain writing, featuring characters who undergo physical changes through magic, science, or unusual circumstances. Authors incorporate elements such as enchanted foods, experimental potions, or wishes gone awry to drive the narrative.

Slice-of-Life Stories

Some weight gain stories focus on everyday experiences and gradual changes. These slice-of-life tales highlight realistic scenarios, emotional growth, and the impact of body transformation on relationships, work, and self-esteem.

Fantasy and Science Fiction Elements

Writers often blend weight gain themes with fantasy and science fiction, creating imaginative worlds where transformation is central to the plot. This might include magical realms, futuristic societies, or alternate realities where body change is a common phenomenon.

Common Tropes

- Magical mishaps leading to unexpected transformations
- Accidental overindulgence and comedic consequences
- Supportive friends guiding the protagonist
- Self-discovery and acceptance through physical change
- Challenges in adapting to a new body or lifestyle

Writing Tips for Weight Gain Stories

Crafting engaging writing com weight gain stories requires thoughtful planning, creativity, and sensitivity. Writers should consider character motivations, pacing, and reader expectations to build immersive narratives.

Character Development

Effective weight gain stories go beyond physical changes, exploring emotional and psychological growth. Authors should develop multidimensional characters who react authentically to transformation, facing both internal and external challenges.

Plot Structure and Pacing

Balance is key when depicting weight gain. Gradual progression allows readers to connect with the character's journey, while sudden changes can add dramatic tension. Use pacing to control the narrative's emotional impact and maintain reader interest.

Descriptive Language

Vivid, sensory descriptions help readers visualize transformation. Incorporate details about appearance, movement, and feelings to create a rich, immersive experience. Avoid repetitive language to keep the story fresh and engaging.

Engaging the Audience

- Invite reader feedback and suggestions for plot direction
- Use polls and interactive elements to involve the community
- Offer multiple story branches for personalized experiences

Community Engagement and Reader Interaction

Writing com weight gain stories thrive on active community participation. Readers and writers interact through comments, votes, and collaborative storytelling, fostering a supportive and creative environment.

The platform's branching story format allows users to contribute their own chapters, expanding existing narratives and bringing new perspectives. This collaborative approach encourages diversity and innovation within the genre. Community forums, writing challenges, and themed events further boost engagement and motivation.

Benefits of Community Interaction

- Exposure to varied writing styles and approaches
- Constructive feedback for authors and contributors

- Shared resources and inspiration for new stories
- Opportunities for networking and collaboration

Psychological and Social Themes

Weight gain narratives often address complex psychological and social issues, providing a platform for exploring body image, self-esteem, and societal expectations. Stories may tackle topics such as acceptance, bullying, and personal transformation, encouraging readers to reflect on their own experiences.

Authors use the genre to challenge stereotypes, promote body positivity, and highlight the importance of self-compassion. Writing com weight gain stories can offer supportive messages and empathetic perspectives, contributing to a healthier dialogue on body diversity.

Common Psychological Themes

- Struggles with self-image and confidence
- Overcoming adversity and societal judgment
- Finding community and acceptance
- Celebrating diversity and individuality

Guidelines for Responsible and Respectful Writing

Responsible writing is essential in the weight gain genre to ensure respectful representation and avoid perpetuating harmful stereotypes. Writers should approach sensitive topics with care, considering the impact their stories may have on readers.

Best Practices

- Portray characters with dignity and depth
- Avoid mocking or belittling language
- Present transformation as a nuanced experience
- Encourage positive messages about self-worth

- Respect reader boundaries and platform guidelines

By following these principles, authors contribute to a welcoming and inclusive community, where readers and writers can explore weight gain themes safely and creatively.

Conclusion

Writing com weight gain is a dynamic and multifaceted genre that offers writers and readers unique opportunities for creative expression and meaningful engagement. From transformation fiction to slice-of-life stories, the genre explores vital psychological and social themes while fostering a supportive community. By adhering to responsible writing guidelines and embracing diversity, authors can create impactful narratives that resonate with audiences and enrich the writing com platform.

Q: What is writing com weight gain?

A: Writing com weight gain refers to stories and interactive fiction on the Writing.com platform that focus on characters experiencing physical transformation through weight gain, often exploring themes of self-acceptance, body image, and personal growth.

Q: What are common tropes in writing com weight gain stories?

A: Common tropes include magical accidents, scientific experiments gone wrong, accidental overindulgence, supportive friendships, and journeys of self-discovery and acceptance.

Q: How do writers engage readers in weight gain stories?

A: Writers engage readers by inviting feedback, offering interactive polls, allowing readers to suggest plot directions, and creating branching storylines for personalized experiences.

Q: Are there guidelines for writing respectful weight gain stories?

A: Yes, writers are encouraged to portray characters with dignity, avoid mocking language, present nuanced experiences, and promote positive messages about self-worth and body diversity.

Q: What genres are popular within writing com weight gain?

A: Popular genres include transformation fiction, slice-of-life stories, fantasy, science fiction, and comedic narratives.

Q: Why do readers enjoy writing com weight gain stories?

A: Readers enjoy these stories for their creative exploration of transformation, relatable characters, engaging plots, and the opportunity to participate in collaborative storytelling.

Q: How does the writing com community support weight gain writers?

A: The community provides constructive feedback, inspiration, opportunities for collaboration, and access to writing challenges and themed events that encourage creativity and growth.

Q: What psychological themes are explored in weight gain stories?

A: Psychological themes include struggles with self-image, overcoming societal judgment, building confidence, and finding acceptance within oneself and the community.

Q: Can anyone contribute to weight gain stories on Writing.com?

A: Yes, users can add chapters, suggest story directions, and participate in collaborative writing, making it an inclusive and interactive platform for all.

Q: What are the benefits of participating in writing com weight gain fiction?

A: Benefits include improved writing skills, exposure to diverse perspectives, creative expression, and the opportunity to engage with a supportive community of like-minded individuals.

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Writing.com Weight Gain: A Writer's Struggle with

Success (and How to Manage It)

The intoxicating rush of creative flow. The satisfying click-clack of keys. The thrill of seeing your words transform into a tangible story, poem, or article. For many writers, the process itself is rewarding, but what happens when the success of your writing leads to unexpected weight gain? This blog post delves into the often-overlooked connection between the demanding life of a writer (especially those thriving on platforms like Writing.com) and weight fluctuations. We'll explore the common causes, provide practical strategies to manage your weight, and offer advice on maintaining a healthy lifestyle alongside your writing career.

H2: The Sedentary Nature of Writing

Let's face it: writing is a predominantly sedentary profession. Hours spent hunched over a laptop, immersed in your craft, can lead to a significantly reduced level of physical activity. This lack of movement contributes to a slower metabolism, making it easier to gain weight. Even the seemingly active process of researching can often involve hours spent sitting at a computer.

H3: The Snacking Trap

The allure of comfort food while writing is undeniable. That bag of chips, the chocolate bar, the constant flow of coffee and sugary drinks – these become almost ritualistic companions for many writers. The mind is engaged, but the body is often neglected, leading to excess calorie intake without the burn-off to match.

H3: Stress Eating and Writer's Block

The pressure to meet deadlines, the self-doubt that plagues many creatives, and the frustration of writer's block can trigger stress eating. Food becomes a coping mechanism, a temporary escape from the anxieties inherent in the writing process. This cycle can easily lead to unhealthy weight gain.

H2: Time Management and Physical Activity

The key to combating weight gain as a writer lies in mindful time management and the conscious incorporation of physical activity into your daily routine. It's not about sacrificing your writing time; it's about integrating healthy habits seamlessly.

H3: Scheduling Exercise

Just as you schedule writing time, schedule exercise. Even short bursts of activity throughout the day can make a difference. A brisk 15-minute walk during your lunch break, a quick yoga session in the morning, or a short workout in the evening can significantly improve your physical health and metabolism.

H3: Incorporating Movement into Your Writing Routine

Consider using a standing desk or treadmill desk to make writing a more active process. Take regular breaks to stretch, walk around, or do some simple exercises to get your blood flowing. These small changes can cumulatively impact your overall fitness level.

H3: Mindful Eating and Hydration

Pay attention to what you eat. Keep healthy snacks readily available, such as fruits, vegetables, and nuts. Drink plenty of water throughout the day. Staying hydrated not only improves your overall health but also helps curb appetite.

H2: The Writing.com Community and Support

The Writing.com community itself can be a source of support and motivation. Connect with fellow writers who are also prioritizing their health and well-being. Share tips, encourage each other, and create a supportive environment where you can hold each other accountable.

H3: Finding Accountability Partners

Having a writing buddy who is also focused on health can make a significant difference. You can encourage each other to stay active, make healthy food choices, and avoid falling into the traps of sedentary behavior and unhealthy eating habits.

H2: Prioritizing Mental Well-being

Addressing the mental health aspects is crucial. Stress and anxiety are significant contributors to weight gain. Practicing mindfulness, meditation, or yoga can help manage stress levels and promote a healthier relationship with food.

Conclusion:

Balancing the demands of a writing career with a healthy lifestyle requires conscious effort and mindful planning. By incorporating regular physical activity, practicing mindful eating, and utilizing the support of your community, you can maintain a healthy weight while pursuing your writing passion on platforms like Writing.com. Remember, it's a journey, not a race, and small, consistent changes can lead to significant long-term benefits.

FAQs:

1. Q: I struggle with writer's block. How can I avoid stress eating during those times?

A: Try alternative coping mechanisms during writer's block, such as going for a walk, listening to music, or engaging in a different creative outlet. Distract yourself from the urge to eat emotionally.

2. Q: How can I incorporate exercise without sacrificing my writing time?

A: Try short, high-intensity interval training (HIIT) workouts, which are effective even in short bursts. You can also incorporate movement into your day by taking the stairs, walking during phone calls, or doing stretches at your desk.

3. Q: What are some healthy snack options I can keep at my desk?

A: Fruits (apples, bananas, oranges), vegetables (carrots, celery), nuts, seeds, yogurt, and hard-boiled eggs are all good choices.

4. Q: How can I find accountability partners within the Writing.com community?

A: Join forums or groups dedicated to health and wellness. You can also reach out to fellow writers directly and propose a mutual support system.

5. Q: Is it realistic to maintain a healthy weight while working as a freelance writer?

A: Absolutely! It requires planning and commitment, but it's entirely achievable. Remember to prioritize your physical and mental health alongside your writing career. It's not about sacrificing one for the other, but finding a healthy balance.

writing com weight gain: Dynamics of Writing Vincent F. Filak, 2017-12-14 Dynamics of Writing: An Exercise Guide gives you multiple opportunities to practice your writing skills in-class or as take-home assignments. Each chapter focuses on a different aspect of the newswriting process and offers short-answer, multiple-choice, and writing-prompt activities to help you master the concepts and skills presented in Vincent F. Filak's comprehensive book. Additional exercises built around the unique demands of online newswriting will prepare you to meet the demands of a changing media landscape. Key Features: "Writing Exercises" enable you to recall & demonstrate your understanding of various elements found in each chapter in Dynamics of News Writing and Reporting. "Practice Writing" exercises empower you to apply their knowledge in a safe, in-class environment. "Live-Action Exercises" encourage you to expand their knowledge and experience through out-of-class reporting and writing opportunities.

writing com weight gain: Weight Gain During Pregnancy National Research Council, Institute of Medicine, Board on Children, Youth, and Families, Food and Nutrition Board, Committee to Reexamine IOM Pregnancy Weight Guidelines, 2010-01-14 As women of childbearing age have become heavier, the trade-off between maternal and child health created by variation in gestational weight gain has become more difficult to reconcile. Weight Gain During Pregnancy responds to the need for a reexamination of the 1990 Institute of Medicine guidelines for weight gain during pregnancy. It builds on the conceptual framework that underscored the 1990 weight gain guidelines and addresses the need to update them through a comprehensive review of the literature and independent analyses of existing databases. The book explores relationships between weight gain during pregnancy and a variety of factors (e.g., the mother's weight and height before pregnancy) and places this in the context of the health of the infant and the mother, presenting specific, updated target ranges for weight gain during pregnancy and guidelines for proper measurement. New features of this book include a specific range of recommended gain for obese women. Weight Gain

During Pregnancy is intended to assist practitioners who care for women of childbearing age, policy makers, educators, researchers, and the pregnant women themselves to understand the role of gestational weight gain and to provide them with the tools needed to promote optimal pregnancy outcomes.

writing com weight gain: Fat Pets Professor J. D. Scoffbowl, 2010-05-20 It's the ideal Christmas gift - the first ever collection of pictures of the world's fattest pets! Marvel at the supersized cats, dogs, rabbits and others to be found in this astounding and entertaining book. Will fit in most stockings.

writing com weight gain: **Weight Gain = Weak Heart Change** Kim Ragone, 2012-03-26 My book is about weight lose. Basically, stress, environment, food effects the body and you gain weight. Stress is demanding on the heart. Therefore, your heart should be the primary goal in training. As well as eating the appropriate foods needs to be the focus to lose weight.

writing com weight gain: **On Writing** Stephen King, 2014-12

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writing com weight gain: *I Know This Much Is True* Wally Lamb, 1998-06-03 With his stunning debut novel, *She's Come Undone*, Wally Lamb won the adulation of critics and readers with his mesmerizing tale of one woman's painful yet triumphant journey of self-discovery. Now, this brilliantly talented writer returns with *I Know This Much Is True*, a heartbreaking and poignant multigenerational saga of the reproductive bonds of destruction and the powerful force of forgiveness. A masterpiece that breathtakingly tells a story of alienation and connection, power and abuse, devastation and renewal--this novel is a contemporary retelling of an ancient Hindu myth. A proud king must confront his demons to achieve salvation. Change yourself, the myth instructs, and you will inhabit a renovated world. When you're the same brother of a schizophrenic identical twin, the tricky thing about saving yourself is the blood it leaves on your hands--the little inconvenience of the look-alike corpse at your feet. And if you're into both survival of the fittest and being your brother's keeper--if you've promised your dying mother--then say so long to sleep and hello to the middle of the night. Grab a book or a beer. Get used to Letterman's gap-toothed smile of the absurd, or the view of the bedroom ceiling, or the influence of random selection. Take it from a godless insomniac. Take it from the uncrazy twin--the guy who beat the biochemical rap. Dominick Birdsey's entire life has been compromised and constricted by anger and fear, by the paranoid schizophrenic twin brother he both deeply loves and resents, and by the past they shared with their adoptive father, Ray, a spit-and-polish ex-Navy man (the five-foot-six-inch sleeping giant who snoozed upstairs weekdays in the spare room and built submarines at night), and their long-suffering mother, Concettina, a timid woman with a harelip that made her shy and self-conscious: She holds a loose fist to her face to cover her defective mouth--her perpetual apology to the world for a birth defect

over which she'd had no control. Born in the waning moments of 1949 and the opening minutes of 1950, the twins are physical mirror images who grow into separate yet connected entities: the seemingly strong and protective yet fearful Dominick, his mother's watchful monkey; and the seemingly weak and sweet yet noble Thomas, his mother's gentle bunny. From childhood, Dominick fights for both separation and wholeness--and ultimately self-protection--in a house of fear dominated by Ray, a bully who abuses his power over these stepsons whose biological father is a mystery. I was still afraid of his anger but saw how he punished weakness--pounced on it. Out of self-preservation I hid my fear, Dominick confesses. As for Thomas, he just never knew how to play defense. He just didn't get it. But Dominick's talent for survival comes at an enormous cost, including the breakup of his marriage to the warm, beautiful Dessa, whom he still loves. And it will be put to the ultimate test when Thomas, a Bible-spouting zealot, commits an unthinkable act that threatens the tenuous balance of both his and Dominick's lives. To save himself, Dominick must confront not only the pain of his past but the dark secrets he has locked deep within himself, and the sins of his ancestors--a quest that will lead him beyond the confines of his blue-collar New England town to the volcanic foothills of Sicily's Mount Etna, where his ambitious and vengefully proud grandfather and a namesake Domenico Tempesta, the *sostegno del famiglia*, was born. Each of the stories Ma told us about Papa reinforced the message that he was the boss, that he ruled the roost, that what he said went. Searching for answers, Dominick turns to the whispers of the dead, to the pages of his grandfather's handwritten memoir, *The History of Domenico Onofrio Tempesta, a Great Man from Humble Beginnings*. Rendered with touches of magic realism, Domenico's fablelike tale--in which monkeys enchant and religious statues weep--becomes the old man's confession--an unwitting legacy of contrition that reveals the truth's of Domenico's life, Dominick learns that power, wrongly used, defeats the oppressor as well as the oppressed, and now, picking through the humble shards of his deconstructed life, he will search for the courage and love to forgive, to expiate his and his ancestors' transgressions, and finally to rebuild himself beyond the haunted shadow of his twin. Set against the vivid panoply of twentieth-century America and filled with richly drawn, memorable characters, this deeply moving and thoroughly satisfying novel brings to light humanity's deepest needs and fears, our aloneness, our desire for love and acceptance, our struggle to survive at all costs. Joyous, mystical, and exquisitely written, *I Know This Much Is True* is an extraordinary reading experience that will leave no reader untouched.

writing com weight gain: Saving Sara Sara Somers, 2020-05-12 For nearly fifty years, Sara Somers suffered from untreated food addiction. In this brutally honest and intimate memoir, Somers offers readers an inside view of a food addict's mind, showcasing her experiences of obsessive cravings, compulsivity, and powerlessness regarding food. *Saving Sara* chronicles Somers's addiction from childhood to adulthood, beginning with abnormal eating as a nine-year-old. As her addiction progresses in young adulthood, she becomes isolated, masking her shame and self-hatred with drugs and alcohol. Time and again, she rationalizes why this time will be different, only to have her physical cravings lead to ever-worse binges, to see her promises of doing things differently next time broken, and to experience the amnesia that she--like every addict--experiences when her obsession sets in again. Even after Somers is introduced to the solution that will eventually end up saving her, the strength of her addiction won't allow her to accept her disease. Twenty-six more years pass until she finally crawls on hands and knees back to that solution, and learns to live life on life's terms. A raw account of Somers's decades-long journey, *Saving Sara* underscores the challenges faced by food addicts of any age--and the hope that exists for them all.

writing com weight gain: 2k to 10k Rachel Aaron, 2017-08-21 I loved this book! So helpful! -- Courtney Milan, New York Times Best Selling author of *The Governess Affair* Have you ever wanted to double your daily word counts? Do you feel like you're crawling through your story, struggling for each paragraph? Would you like to get more words every day without increasing the time you spend writing or sacrificing quality? It's not impossible, it's not even that hard. This is the story of how, with a few simple changes, I boosted my daily writing from 2000 words to over 10k a day, and how you can, too. Expanding on her highly successful process for doubling daily word counts, this book--a

combination of reworked blog posts and new material--offers practical writing advice for anyone who's ever longed to increase their daily writing output. In addition to updated information for Rachel's popular 2k to 10k writing efficiency process, 5 step plotting method, and easy editing tips, this new book includes chapters on creating characters that write their own stories, story structure, and learning to love your daily writing. Full of easy to follow, practical advice from a commercial author who doesn't eat if she doesn't produce good books on a regular basis, 2k to 10k focuses not just on writing faster, but writing better, and having more fun while you do it. *New for Fall 2013! This Revised Edition includes updates and corrections for all chapters!*

writing com weight gain: *The Artist's Way* Julia Cameron, 2002-03-04 With its gentle affirmations, inspirational quotes, fill-in-the-blank lists and tasks — write yourself a thank-you letter, describe yourself at 80, for example — *The Artist's Way* proposes an egalitarian view of creativity: Everyone's got it.—The New York Times Morning Pages have become a household name, a shorthand for unlocking your creative potential—Vogue Over four million copies sold! Since its first publication, *The Artist's Way* phenomena has inspired the genius of Elizabeth Gilbert and millions of readers to embark on a creative journey and find a deeper connection to process and purpose. Julia Cameron's novel approach guides readers in uncovering problems areas and pressure points that may be restricting their creative flow and offers techniques to free up any areas where they might be stuck, opening up opportunities for self-growth and self-discovery. The program begins with Cameron's most vital tools for creative recovery – The Morning Pages, a daily writing ritual of three pages of stream-of-conscious, and The Artist Date, a dedicated block of time to nurture your inner artist. From there, she shares hundreds of exercises, activities, and prompts to help readers thoroughly explore each chapter. She also offers guidance on starting a "Creative Cluster" of fellow artists who will support you in your creative endeavors. A revolutionary program for personal renewal, *The Artist's Way* will help get you back on track, rediscover your passions, and take the steps you need to change your life.

writing com weight gain: *Wired for Story* Lisa Cron, 2012-07-10 This guide reveals how writers can utilize cognitive storytelling strategies to craft stories that ignite readers' brains and captivate them through each plot element. Imagine knowing what the brain craves from every tale it encounters, what fuels the success of any great story, and what keeps readers transfixed. *Wired for Story* reveals these cognitive secrets—and it's a game-changer for anyone who has ever set pen to paper. The vast majority of writing advice focuses on "writing well" as if it were the same as telling a great story. This is exactly where many aspiring writers fail—they strive for beautiful metaphors, authentic dialogue, and interesting characters, losing sight of the one thing that every engaging story must do: ignite the brain's hardwired desire to learn what happens next. When writers tap into the evolutionary purpose of story and electrify our curiosity, it triggers a delicious dopamine rush that tells us to pay attention. Without it, even the most perfect prose won't hold anyone's interest. Backed by recent breakthroughs in neuroscience as well as examples from novels, screenplays, and short stories, *Wired for Story* offers a revolutionary look at story as the brain experiences it. Each chapter zeroes in on an aspect of the brain, its corresponding revelation about story, and the way to apply it to your storytelling right now.

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writing com weight gain: *Reading Like a Writer* Francine Prose, 2012-04-01 In her

entertaining and edifying New York Times bestseller, acclaimed author Francine Prose invites you to sit by her side and take a guided tour of the tools and tricks of the masters to discover why their work has endured. Written with passion, humour and wisdom, *Reading Like a Writer* will inspire readers to return to literature with a fresh eye and an eager heart – to take pleasure in the long and magnificent sentences of Philip Roth and the breathtaking paragraphs of Isaac Babel; to look to John le Carré for a lesson in how to advance plot through dialogue and to Flannery O’ Connor for the cunning use of the telling detail; to be inspired by Emily Brontë’s structural nuance and Charles Dickens’ s deceptively simple narrative techniques. Most importantly, Prose cautions readers to slow down and pay attention to words, the raw material out of which all literature is crafted, and reminds us that good writing comes out of good reading.

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writing com weight gain: *No Meat Athlete* Matt Frazier, Matt Ruscigno, 2013-10 Combining the winning elements of proven training approaches, motivational stories, and innovative recipes, *No Meat Athlete* is a unique guidebook, healthy-living cookbook, and nutrition primer for the beginner, every day, and serious athlete who wants to live a meatless lifestyle. Author and popular blogger, Matt Frazier, will show you that there are many benefits to embracing a meat-free athletic lifestyle, including: Weight loss, which often leads to increased speed; Easier digestion and faster recovery after workouts; Improved energy levels to help with not just athletic performance but your day-to-day life; Reduced impact on the planet. Whatever your motivation for choosing a meat-free lifestyle, this book will take you through everything you need to know to apply your lifestyle to your training. Matt Frazier provides practical advice and tips on how to transition to a plant-based diet while getting all the nutrition you need; uses the power of habit to make those changes last; and offers up menu plans for high performance, endurance, and recovery. Once you've mastered the basics, Matt delivers a training manual of his own design for runners of all abilities and ambitions. The manual provides training plans for common race distances and shows runners how to create healthy habits, improve performance, and avoid injuries. *No Meat Athlete* will take you from the start to finish line, giving you encouraging tips, tricks, and advice along the way--

writing com weight gain: *How to Write a Novel* Nathan Bransford, 2019-10-15 Author and former literary agent Nathan Bransford shares his secrets for creating killer plots, fleshing out your first ideas, crafting compelling characters, and staying sane in the process. Read the guide that New York Times bestselling author Ransom Riggs called The best how-to-write-a-novel book I've read.

writing com weight gain: *Writing Your Way to Weight Loss: A Therapeutic Guide* Cassandra Fenyk, 2023-05-25 *Writing Your Way to Weight Loss: A Therapeutic Guide* is a comprehensive book that explores the powerful connection between writing therapy and weight loss. With a focus on self-discovery, mindfulness, and emotional healing, this guide provides practical techniques and insightful prompts to help individuals overcome emotional eating, self-sabotage, and other obstacles on their weight loss journey. Through the art of journaling, visualization, and coping strategies, readers will learn how to develop a healthy mindset, stay accountable, and maintain long-term progress. Packed with valuable information and actionable steps, this book serves as a supportive resource for anyone seeking a transformative approach to weight loss.

writing com weight gain: *Fat Land* Greg Critser, 2004-01-05 “An in-depth, well-researched, and thoughtful exploration of the ‘fat boom’ in America.” —*The Boston Globe* Low carb, high protein, raw foods . . . despite our seemingly endless obsession with fad diets, the startling truth is that six out of ten Americans are overweight or obese. In *Fat Land*, award-winning nutrition and health journalist Greg Critser examines the facts and societal factors behind the sensational headlines, taking on everything from supersize to Super Mario, high-fructose corn syrup to the high costs of physical education. With a sharp eye and even sharper tongue, Critser examines why pediatricians are now treating conditions rarely seen in children before; why type 2 diabetes is on the rise; the personal struggles of those with weight problems—especially among the poor—and how agribusiness has altered our waistlines. Praised by the New York Times as “absorbing” and by

Newsday as “riveting,” this disarmingly funny, yet truly alarming, exposé stands as an important examination of one of the most pressing medical and social issues in the United States. “One scary book and a good companion to Eric Schlosser’s *Fast Food Nation*.” —Seattle Post-Intelligencer

writing com weight gain: *She's Come Undone* Wally Lamb, 2012-12-11 Meet Dolores Price. She's thirteen, wise-mouthed but wounded. Beached like a whale in front of her bedroom TV, she spends the next few years nourishing herself with the chocolate, crisps and Pepsi her anxious mother supplies. When she finally rolls into young womanhood at 257 pounds, Dolores is no stronger and life is no kinder. But this time she's determined to rise to the occasion and give herself one more chance before really going belly up. In his extraordinary coming-of-age odyssey, Wally Lamb invites us to hitch an incredible ride on a journey of love, pain, and renewal with the most heartbreakingly comical heroine to come along in years. At once a fragile girl and a hard-edged cynic, so tough to love yet so inimitably loveable, Dolores is as poignantly real as our own imperfections.

writing com weight gain: *Still Writing* Dani Shapiro, 2013-10-01 This national bestseller from celebrated novelist and memoirist Dani Shapiro is an intimate and eloquent companion to living a creative life. Through a blend of memoir, meditation on the artistic process, and advice on craft, Shapiro offers her gift to writers everywhere: a guide of hard-won wisdom and advice for staying the course. In the ten years since the first edition, *Still Writing* has become a mainstay of creative writing classes as well as a lodestar for writers just starting out, and above all, an indispensable almanac for modern writers.

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REMARKABLE DEBUT NOVEL FROM CRITICALLY ACCLAIMED AUTHOR MARTIN L. SHOEMAKER. Shoemaker proves why he has consistently been praised as one of the best story writers in SF today with this touching, thoughtful, action-packed debut novel, based on his award-winning short story *Today I am Paul*. *TODAY* Mildred has Alzheimer's. As memories fade, she acquires the aid of a full-time android to assist her in everyday life. Carey. Carey takes care of Mildred, but its true mission is to fill in the gaps in Mildred's past. To bring yesterday into today by becoming a copy. But not merely a copy of a physical person. A copy from the inside out. I AM After Mildred passes, Carey must find a new purpose. For a time, that purpose is Mildred's family. To keep them safe from harm. To be of service. There is Paul Owens, the overworked scientist and business leader. Susan Owens, the dedicated teacher. And Millie, a curious little girl who will grow up alongside her android best friend. And Carey will grow up with her. Carey cannot age. But Carey can change. CAREY Carey struggles. Carey seeks to understand life's challenges. Carey makes its own path. Carey must learn to live. To grow. To care. To survive. To be. At the publisher's request, this title is sold without DRM (Digital Rights Management). Praise for *Today I Am Carey*: Kindness, love, and compassion make Carey an empathetic character through which to view Shoemaker's complex, beautiful world.—Publishers Weekly “. . . takes readers on a journey of self-discovery, coming of age, and ultimately life itself. . . . Carey's development as a character is fascinating. VERDICT This exploration of artificial life in the vein of Isaac Asimov's *I, Robot* provides fresh insight into the human experience.”—Library Journal Martin Shoemaker proves conclusively that while a science fiction novel must have the trappings of science fiction, it is at its strongest when it is about people, even an artificial (but emotional) person named Carey.—Mike Resnick “A dazzling ride through the near future. I enjoyed it thoroughly. I've never seen anything remotely like it.”—Jack McDevitt “Martin Shoemaker is a rare writer who can handle the challenges of dealing with future technology while touching the human heart. This is a must-read!—David Farland, New York Times Best-selling Author Praise for the work of Martin L. Shoemaker: Martin Shoemaker's ‘Black Orbit’ is a more conventional Analog adventure, and a very good example of such . . . a really solid story. — Rich Horton, Locus Online [‘Bookmark’] is an exceptional example of how to discuss deep moral and philosophical issues while maintaining a tight narrative that brings the reader along. This story will be added to the required readings for my SF classes. – Robert L Turner III, Tangent Online

writing com weight gain: *Why We Sleep* Matthew Walker, 2017-10-03 Sleep is one of the most

important but least understood aspects of our life, wellness, and longevity ... An explosion of scientific discoveries in the last twenty years has shed new light on this fundamental aspect of our lives. Now ... neuroscientist and sleep expert Matthew Walker gives us a new understanding of the vital importance of sleep and dreaming--Amazon.com.

writing com weight gain: The F*ck It Diet Caroline Dooner, 2019-03-26 "The F*ck It Diet is not only hilarious, it is scientifically and medically sound. A must read for any chronic dieter." -Christiane Northrup, MD, New York Times bestselling author of *Women's Bodies, Women's Wisdom* From humorist and ex-diet junkie Caroline Dooner, an inspirational guide that will help you stop dieting, reboot your relationship with food, and regain your personal power DIETING DOESN'T WORK Not long term. In fact, our bodies are hardwired against it. But each time our diets fail, instead of considering that maybe our ridiculously low-carb diet is the problem, we wonder what's wrong with us. Why can't we stick to our simple plan of grapefruit and tuna fish??? Why are we so hungry? What is wrong with us??? We berate ourselves for being lazy and weak, double down on our belief that losing weight is the key to our everlasting happiness, and resolve to do better tomorrow. But it's time we called a spade a spade: Constantly trying to eat the smallest amount possible is a miserable way to live, and it isn't even working. So fuck eating like that. In *The F*ck It Diet*, Caroline Dooner tackles the inherent flaws of dieting and diet culture, and offers readers a counterintuitively simple path to healing their physical, emotional, and mental relationship with food. What's the secret anti-diet? Eat. Whatever you want. Honor your appetite and listen to your hunger. Trust that your body knows what it is doing. Oh, and don't forget to rest, breathe, and be kind to yourself while you're at it. Once you get yourself out of survival mode, it will become easier and easier to eat what your body really needs—a healthier relationship with food ultimately leads to a healthier you. An ex-yo-yo dieter herself, Dooner knows how terrifying it can be to break free of the vicious cycle, but with her signature sharp humor and compassion, she shows readers that a sustainable, easy relationship with food is possible. Irreverent and empowering, *The F*ck It Diet* is call to arms for anyone who feels guilt or pain over food, weight, or their body. It's time to give up the shame and start thriving. Welcome to the F*ck It Diet. Let's Eat.

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writing com weight gain: The Scribe Method Tucker Max, Zach Obront, 2021-04-15 Ready to write your book? So why haven't you done it yet? If you're like most nonfiction authors, fears are holding you back. Sound familiar? Is my idea good enough? How do I structure a book? What exactly are the steps to write it? How do I stay motivated? What if I actually finish it, and it's bad? Worst of all: what if I publish it, and no one cares? How do I know if I'm even doing the right things? The truth is, writing a book can be scary and overwhelming—but it doesn't have to be. There's a way to know you're on the right path and taking the right steps. How? By using a method that's been validated with thousands of other Authors just like you. In fact, it's the same exact process used to produce dozens of big bestsellers—including David Goggins's *Can't Hurt Me*, Tiffany Haddish's *The Last Black Unicorn*, and Joey Coleman's *Never Lose a Customer Again*. The Scribe Method is the tested and proven process that will help you navigate the entire book-writing process from start to finish—the right way. Written by 4x New York Times Bestselling Author Tucker Max and publishing expert Zach Obront, you'll learn the step-by-step method that has helped over 1,500 authors write and publish their books. Now a Wall Street Journal Bestseller itself, *The Scribe Method* is specifically designed for business leaders, personal development gurus, entrepreneurs, and any expert in their field who has accumulated years of hard-won knowledge and wants to put it out into the world. Forget the rest of the books written by pretenders. This is the ultimate resource for anyone who wants to professionally write a great nonfiction book.

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different sheep, and one that seems to be missing.

writing com weight gain: *Using Narrative Writing to Enhance Healing* Bird, Jennifer Lynne, 2019-11-01 The fields of writing as healing and health coaching have expanded to aid in the physical and emotional healing of patients. Using writing as a healing method allows patients to create new perspectives of their healing processes and professionals to propose new methods of healing that promote and maintain a positive outlook. *Using Narrative Writing to Enhance Healing* is an essential scholarly publication that approaches healing through the fields of education and medicine. Featuring a wide range of topics such as collaborative narratives, patient education, and health coaching, this book is ideal for writing instructors, physical therapists, teachers, therapists, psychologists, mental health professionals, medical professionals, counselors, religious leaders, mentors, administrators, academicians, and researchers.

writing com weight gain: *Fun-Size Academic Writing for Serious Learning* Gretchen Bernabei, Judi Reimer, 2013-08-06 Here is what I love about this book:€ It has gobs and gobs of student writing samples with smart and lively explanations of how to use each as the focus of a craft lesson to teach writing. The right models of student writing are the best mentor texts a teacher can find and with this book, you need look no further. ... Breathe, fellow writing teachers.€ Much needed and wanted help has arrived.--Ruth Culham, Author of *Traits Writing* Sometimes a student's best teacher is another student If ever there were a book to respond to the pressure to increase students' test scores, this is it. You see,

writing com weight gain: *Story Engineering* Larry Brooks, 2011-01-27 What makes a good story or a screenplay great? The vast majority of writers begin the storytelling process with only a partial understanding where to begin. Some labor their entire lives without ever learning that successful stories are as dependent upon good engineering as they are artistry. But the truth is, unless you are master of the form, function and criteria of successful storytelling, sitting down and pounding out a first draft without planning is an ineffective way to begin. *Story Engineering* starts with the criteria and the architecture of storytelling, the engineering and design of a story--and uses it as the basis for narrative. The greatest potential of any story is found in the way six specific aspects of storytelling combine and empower each other on the page. When rendered artfully, they become a sum in excess of their parts. You'll learn to wrap your head around the big pictures of storytelling at a professional level through a new approach that shows how to combine these six core competencies which include: • Four elemental competencies of concept, character, theme, and story structure (plot) • Two executional competencies of scene construction and writing voice The true magic of storytelling happens when these six core competencies work together in perfect harmony. And the best part? Anyone can do it!

writing com weight gain: *Heavy* Kiese Laymon, 2018-10-16 *Selected as One of the Best Books of the 21st Century by The New York Times* *Named a Best Book of the Year by The New York Times, Publishers Weekly, NPR, Broadly, BuzzFeed (Nonfiction), The Undeclared, Library Journal (Biography/Memoirs), The Washington Post (Nonfiction), Southern Living (Southern), Entertainment Weekly, and The New York Times Critics* In this powerful, provocative, and universally lauded memoir—winner of the Andrew Carnegie Medal and finalist for the Kirkus Prize—genre-bending essayist and novelist Kiese Laymon “provocatively meditates on his trauma growing up as a black man, and in turn crafts an essential polemic against American moral rot” (Entertainment Weekly). In *Heavy*, Laymon writes eloquently and honestly about growing up a hard-headed black son to a complicated and brilliant black mother in Jackson, Mississippi. From his early experiences of sexual violence, to his suspension from college, to time in New York as a college professor, Laymon charts his complex relationship with his mother, grandmother, anorexia, obesity, sex, writing, and ultimately gambling. *Heavy* is a “gorgeous, gutting...generous” (The New York Times) memoir that combines personal stories with piercing intellect to reflect both on the strife of American society and on Laymon’s experiences with abuse. By attempting to name secrets and lies he and his mother spent a lifetime avoiding, he asks us to confront the terrifying possibility that few in this nation actually know how to responsibly love, and even fewer want to live under the weight of

actually becoming free. "A book for people who appreciated Roxane Gay's memoir *Hunger*" (Milwaukee Journal Sentinel), *Heavy* is defiant yet vulnerable, an insightful, often comical exploration of weight, identity, art, friendship, and family through years of haunting implosions and long reverberations. "You won't be able to put [this memoir] down...It is packed with reminders of how black dreams get skewed and deferred, yet are also pregnant with the possibility that a kind of redemption may lie in intimate grappling with black realities" (The Atlantic).

writing com weight gain: Writing the Natural Way Gabriele L. Rico, 1983 Shows all writers how effective writing can be as natural as telling a story to a friend, and as easy as daydreaming.

writing com weight gain: Discoverability Kristine Kathryn Rusch, 2014-10-14 Discoverability: a modern marketing buzzword. For writers, discoverability means the difference between gaining an audience and publishing into the void. Now, USA Today bestselling author and renowned business blogger Kristine Kathryn Rusch deftly tackles the topic of discoverability in this latest WMG Writers' Guide. Rusch covers topics such as when to hire help, how to measure success and the most important thing a writers can do. With Discoverability, Rusch offers professional writers the most comprehensive guide available today to help them make an informed decision about the best marketing approaches for their writing businesses. The bible for the self-employed. -John Ottinger III, teacher and editor of *Grasping for the Wind*, on *The Freelancer's Survival Guide* A soup-to-nuts guide for business. Don't be without it. -Virginia Baker, President, Indigo Ink Communications, on *The Freelancer's Survival Guide* Not many people understand the publishing business as well as the author business-Kris Rusch is one of them. Her *Freelancer's Survival Guide* is balanced, ambitious, and packed with information that all writers, editors, and publishers should read. -Kevin J. Anderson, New York Times bestselling author, on *The Freelancer's Survival* [Kristine Kathryn Rusch's blog,] *The Business Rusch*...is full of sound advice and analysis about what's going on. -Jeff Baker, The Oregonian

writing com weight gain: Write Your Own Storybook Louie Stowell, 2014-01-01 Have you ever wanted to write a story, but wondered where to start? The *Write Your Own Story Book* is here to help. It's full of inspiring ideas for all kinds of different stories, with space of you to write them in and writing tips to help you on your way.

writing com weight gain: Excess and Embodiment in Contemporary Women's Writing Zeynep Atayurt, 2011-08-01 The 'obese' female body has often been portrayed as the 'other' to the slender body. However, this process of 'othering', or viewing as different, has created a repressive discourse, where 'excess' has increasingly come to be studied as a 'physical abnormality' or a signifier of a 'personality defect' in contemporary Western society. This book engages with the multifarious re-imaginings of the 'excessive' embodiment in contemporary women's writing, drawing specifically on the construction of this form of embodiment in the works of Fay Weldon, Jeanette Winterson, Margaret Atwood, Claude Tardat, and Judith Moore, whose texts offer a distinct literary response to the rigidly homogeneous and limiting representations of fatness, while prompting heterogeneous approaches to reading the 'excessive' female embodiment.

writing com weight gain: Mom ... Let's Talk: The Healing Power Through Writing and Poetry Robert Mark Schaeberle, Jeanne Schaeberle, 2017-07-26 Poetry by Robert Mark Schaeberle, Memoir by Jeanne Schaeberle What does a son do when he hears voices? Withdraw? Or use his sword, poetry to defend himself? How does a mother handle family life and death and work through horrible grief? *Mom...Let's Talk* offers insight to the power of healing through writing and the sense of chaos revealed in the poetry.

writing com weight gain: Cribsheet Emily Oster, 2020-04-21 From the author of *Expecting Better*, *The Family Firm*, and *The Unexpected* an economist's guide to the early years of parenting. "Both refreshing and useful. With so many parenting theories driving us all a bit batty, this is the type of book that we need to help calm things down." —LA Times "The book is jam-packed with information, but it's also a delightful read because Oster is such a good writer." —NPR With *Expecting Better*, award-winning economist Emily Oster spotted a need in the pregnancy market for advice that gave women the information they needed to make the best decision for their own

pregnancies. By digging into the data, Oster found that much of the conventional pregnancy wisdom was wrong. In *Cribsheet*, she now tackles an even greater challenge: decision-making in the early years of parenting. As any new parent knows, there is an abundance of often-conflicting advice hurled at you from doctors, family, friends, and strangers on the internet. From the earliest days, parents get the message that they must make certain choices around feeding, sleep, and schedule or all will be lost. There's a rule—or three—for everything. But the benefits of these choices can be overstated, and the trade-offs can be profound. How do you make your own best decision? Armed with the data, Oster finds that the conventional wisdom doesn't always hold up. She debunks myths around breastfeeding (not a panacea), sleep training (not so bad!), potty training (wait until they're ready or possibly bribe with M&Ms), language acquisition (early talkers aren't necessarily geniuses), and many other topics. She also shows parents how to think through freighted questions like if and how to go back to work, how to think about toddler discipline, and how to have a relationship and parent at the same time. Economics is the science of decision-making, and *Cribsheet* is a thinking parent's guide to the chaos and frequent misinformation of the early years. Emily Oster is a trained expert—and mom of two—who can empower us to make better, less fraught decisions—and stay sane in the years before preschool.

writing com weight gain: Book with No Name Anonymous, Bourbon Kid, 2010 For many centuries the library of lawless hell hole Santa Mondegga, in South America, has held a gruesome secret. There is on its shelves a nameless book, by an anonymous author, and everyone who has ever read it ... is dead.

writing com weight gain: Plump Fiction Jolene Dubois, 2020-01-24 A beautiful young lady gains the freshman 15 in college, and over time learns to love her body as she develops into a magnificently voluptuous woman, and finds true love in the process. ~ 'He fondled her and lowered her back down flat on his desk. All of his biological carnal urges took over his better judgement with an unstoppable force of repressed desire and testosterone that was completely unleashed as he licked her nipples and moved his lips slowly down her stomach with Nicole being way too turned on to let self-consciousness deter her pleasure. He removed her snug fitting skimpy panties and slipped himself inside of her. She felt so warm and inviting, it was pure ecstasy. She was such a goddess. The type of woman he had lusted over privately for years. The type of woman whose beauty entitles her to avoid all gym-torture and instead lead a cushy, pampered lifestyle, and let her self indulgence make her more desirable than words could allow, only her moans and gasps of extreme blissful pleasure could do it justice.'

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learn to love the life you have while you create the life you want

writing com weight gain: *Grammar Essentials for Proofreading, Copyediting & Business Writing* Ashan R. Hampton, 2018-06-30 Good writing starts with good grammar. How comfortable are you with your grammar skills? *Grammar Essentials for Proofreading, Copyediting & Business Writing* focuses on the grammar and usage topics you need to quickly improve your writing skills for personal and business success. You learn how to correct common grammar errors like fragments, run-ons and comma splices, while answering usage concerns such as when to use who or whom, or what words to capitalize or abbreviate. Each chapter ends with practical exercises.

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