

**Coaching & Mentoring for Writers with Albert Flynn DeSilver  
a 20% Discount\* for CWC-SF/Peninsula Members.**

**Are you ready to finally write that book? Or finish the book that's been sitting in your drawer for five or ten years? Are you ready to finally share your unique story and experiences with the world? Do you need techniques for time management, integrating your writing practice into the rest of your life? Need publishing, marketing, and promotional advice?**

**A successful coaching process is about achieving results!**

**Call Albert @ 707-478-9511 for more information.**

### **WE BEGIN WITH:**

- \* Identifying challenges and limiting beliefs**
- \* Clarifying goals**
- \* Creating an action plan**
- \* Continue with support and encouragement, exercises and “homework”**  
(visualization, journaling/scripting, meditation, breathing practices, and readings)
- \* Celebrate, acknowledge, and evaluate**

### **FORMAT**

**3, 60 minute calls per month**

- \*Accountability**
- \*Questions for further growth**
- \*Action steps/commitments**
- \*General support/exercises and “homework”**

**Albert Flynn DeSilver is an internationally published poet,**

author, publisher, artist and writing coach. He has published several books of poems, appeared in many anthologies, and shared the stage with literary legends Maxine Hong Kingston, Kay Ryan, Michael McCluer, and many others. He has helped hundreds of authors move from inspiration to publication! **Contact him today!** [www.albertflynnthesilver.com](http://www.albertflynnthesilver.com)--[asisowl@mindspring.com](mailto:asisowl@mindspring.com)  
\*Discount applies only to current CWC-SF-Peninsula Members and is valid for first quarter only (3 months). Promotion expires 12/31/12