

THE WRITER'S EDGE

READER PREVIEW

THE WRITER'S SELF-CARE GUIDE

BOOK 3

The Writer's Edge - 2027 Expanded Edition

Balance, Boundaries, and a Sustainable Writing Life

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A selected preview from the complete book.

What This Book Will Do for You

The Writer's Self-Care Guide treats self-care as professional infrastructure rather than a reward for productivity. It is built for writers who are trying to sustain not only a manuscript, but an author career that may also include publishing, marketing, events, reader communication, finances, technology, and the pressure to remain visible.

This book helps you examine the systems that make writing possible: pace, protected time, boundaries, physical care, emotional resilience, supportive relationships, digital limits, financial health, and the judgment to recognize when rest or qualified help is necessary.

The goal is not perfect balance or a career without difficult seasons. It is to build a writing life that can absorb deadlines, disappointment, opportunity, and growth without requiring the writer to repeatedly sacrifice the very resources the work depends upon.

**PROTECT THE WRITER, AND YOU PROTECT THE
POSSIBILITY OF EVERYTHING THE WRITER HAS
NOT CREATED YET.**

Selected From the Book

Set Boundaries Around the Author Job

Once a book becomes public, other people gain access to your work. They do not automatically gain unlimited access to you.

Authors may receive messages at all hours, requests for free books, invitations that offer exposure instead of compensation, demands for advice, requests to read manuscripts, event opportunities with hidden costs, and pressure to participate in every community activity. Generosity can build relationships. Unlimited availability can destroy the time required to write.

A boundary is not hostility. It is a decision made before exhaustion makes the decision for you.

Decide what you do for free and why. You may donate appearances to causes you value, mentor a limited number of writers, support libraries, or provide review copies. The important word is decide. When every request is evaluated in the emotional moment, guilt becomes the business manager.

Create simple policies for speaking, consulting, review copies, manuscript requests, event travel, interviews, and response times. Policies reduce the number of decisions you must make and make your answers more consistent.

Learn to say no without writing an essay. 'Thank you for thinking of me. I am not able to take this on' is a complete professional response. You do not need to prove that your schedule is full enough to deserve the boundary.

Selected From the Book

Control Digital Overload and the Pressure to Be Visible

The internet can connect an author with readers around the world. It can also consume every hour the author hoped to spend writing.

Digital platforms are designed to encourage return visits. Authors add another pressure: the belief that disappearing for a day will damage the career. This can create a loop of posting, checking, responding, comparing, and checking again.

Visibility is useful only when it supports a purpose. Decide which platforms actually connect you with readers, professional partners, media, or community. A platform that consumes hours without producing meaningful relationships or discoverability may not deserve daily attention.

Batch routine tasks when possible. Schedule posts. Create reusable templates. Keep a list of evergreen topics. Set specific times for email and messages rather than allowing notifications to interrupt creative work.

Turn off nonessential notifications. The person who needs you urgently should have a way to reach you that is not dependent on a social-media alert.

Be cautious with sales dashboards and rankings. Checking numbers repeatedly does not change them. Choose a reporting rhythm that supports decisions: perhaps weekly during ordinary periods and more frequently during a launch when advertising or inventory decisions genuinely depend on current data.

Protect periods of boredom and quiet. Creativity often needs mental space that cannot appear while every pause is filled by a screen.

Try It Now

The Writer's Self-Care Plan

My Sustainable Pace

Normal weekly writing hours: _____ Minimum during difficult weeks:

My Protected Time

Writing blocks I will protect: _____

My Boundaries

Requests, activities, or access I will limit: _____

My Physical Care

The physical habits that support my work: _____

My Emotional Care

My plan after rejection, criticism, or a difficult creative session:

My People

The people or professionals I can contact for support: _____

My Digital Rules

Platforms I will use intentionally and times I will disconnect:

My Financial Limit

The amount I can responsibly invest without harming essential needs:

My Reset Plan

When I recognize overload, I will first: _____

My Reminder: I do not have to damage the writer to prove the writing matters.

THIS IS ONLY THE BEGINNING.

BUILD A WRITING LIFE WORTH KEEPING

The complete Writer's Self-Care Guide goes beyond this preview to help you build a repeatable pace, protect writing time, set professional boundaries, care for the body that does the writing, manage emotional pressure, handle criticism and rejection, build a useful support system, control digital overload, protect financial health, and know when to rest, reset, or ask for help.

The purpose is not to remove every hard day from an author career. It is to keep hard days from automatically becoming a hard life - and to create a system strong enough to support the writer you hope to be five years from now.

THE WRITER'S SELF-CARE GUIDE

BOOK 3 OF THE WRITER'S EDGE

Practical Guides for Serious Writers

GET THE COMPLETE BOOK