BURST!

A Quick Guide to Developing

BRILLIANT IDEAS

and Unlocking Your

-CREATIVE-
POTENTIAL

Written by Jay Anthony

(Note: This is an authorized release document.)

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CREATIVE POTENTIAL

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"Creativity is a great motivator because it makes people interested in what they are doing. Creativity gives hope that there can be a worthwhile idea. Creativity gives the possibility of some sort of achievement to everyone. Creativity makes life more fun and more interesting." -*Edward de Bono*

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Preface

So, you want to be creative? Are you striving to be an idea *machine*? Do you want those bottled-up artistic juices to BURST all over your work, talents, and everyday life? If you are looking to exercise that creative muscle of yours, then you've definitely come to the right place. This book is packed full of helpful tips and strategies to make *you* a creative genius. No matter how logical or "inside-the-box" your thoughts may seem now, by the end of the week your mind will be pumping out impeccable imagination, innovation, and originality. Have fun reading, and remember- *everyone* has the capacity to be creative!

Pre-Gaming

No, I'm not referring to alcohol consumption before a big event. I'm actually referring to the changes in your day-to-day life that should be made before you even attempt to put the nib of your pen to a piece of paper. Don't worry, these changes aren't extremely drastic. In fact, most of them are relatively simple and take very little time to do. Make no excuses, because no matter how busy you think your life is, you definitely have time to implement at least one of these things into your daily routine.

The Human Element. I cannot stress the importance of friends and colleagues enough. Before taking your first breath of creativity, be sure to surround yourself with others who are innovative, artistic, and forward-thinking. Having acquaintances of this nature not only allows you to bounce ideas off of them, but it can also give you a whole new perspective on a project or thought you are trying to develop. Individual input is essentially the building blocks for creativity.

As temping as it is to stay confined in the shelter of familiar, like-minded people, try branching out to others who think differently from you. Draw from their opinions and experiences in order to perpetuate your own. When you keep to the same group, your creative drive tends to become repetitive and lacks newness. This can cause you to become stuck in a mental rut. It is dependent on other people to pull you out of that rut, and begin feeding you with ideas you have never would have thought of before.

Don't limit yourself to physical interaction. There are plenty of places online which can provide you with a plethora of creative inputs. Find community and have conversations via forums. Build relationships with individual users, and if you ever need to draw inspiration from them, just ask! Face-to-face interaction definitely supersedes chatting with someone over the internet, but it doesn't hurt to try both.

"But where do I find these people?" Don't worry. Creative minds can be found everywhere. If you are going to school/college, join a creative writing or art club and befriend the members. Peruse the web for local authors, musicians, and artists and request to meet them over coffee. Explore local art galleries, business start-ups, and design studios and introduce yourself to the people running the show. In my experience, most people are open and willing to converse with you, especially if you are respectful and clear with your intentions.

When you do find someone to talk to, be sure to listen intently to what they have to say. Ask them questions like, "What inspires your ideas?" or "Explain your creative process." Treat your time with them like a casual interview. I highly suggest bringing along a small journal to take notes. *Don't bring your computer for note-taking*. If you are typing away while the other person is sharing their valuable information, it can imply a lack of attention or disinterest toward the conversation.

Reading. If you loath flipping through the pages of a novel, it may be time to reconsider your boredom. Reading (no matter what about) is one of the best ways to get your brain firing in a different way than it usually does. The best part about reading is the fact that you are essentially diving into the mind of another person, and soaking in all of their thoughts, ideas, and opinions.

A few years ago, a professor at the University of Toronto did a study pertaining to the correlation between creativity and reading. He found that those who read a single short story every day had much less "ridged" thoughts, were much more open minded, and were generally better thinkers compared to those who did not read at all. ([Full article](#)).

If you don't have the attention span to read a 300+ page novel, then start small. Read short stories, poetry, or literary articles instead. Just make sure it's good content. You don't want to cheat yourself by reading unoriginal, poorly written work. (Looking at you, E.L. James).

All jokes aside, if you are determined to become a better creative thinker, then devote some time during your day to reading. Make it a point to read something every single day; yes, even on the weekends. Even if it bores you to death, it doesn't change the fact that you will be subconsciously exercising that creative muscle of yours.

Journaling. This is one of the easiest, and arguably most helpful things to do if you desperately wish to give birth to great ideas. See, the wonderful thing about the human mind is the fact it has the ability to come up with marvelous thoughts on a level of spontaneity. The problem is the fact that they usually last only minutes, if not seconds, and by the time our day is over we usually forget all about them. If you keep a journal in your bag and a pen in your pocket, it will give you the power to capture those spontaneous thoughts and keep them for future use.

If you've never purchased a journal before, I highly recommend the "Markings" journal by C.R. Gibson. It is a sleek, small, leather-bound journal which is both stylish and easy to carry. With 240 ruled pages, it should easily last you a few months. I've seen them in a few stores, but Amazon still seems to provide a better price at 8 to 12 dollars per journal. Pick up a few of them and keep one on your desk, one in your bag, and give the other to a friend!

Don't fill the pages of your journal with cheap ink. I know it is very tempting to buy that 50 pack of knock-off brand pens for 2 dollars, but it is worth every penny to invest in some quality writing utensils. Most people swear by the Pilot G2 series, but honestly I'm not a fan. I definitely prefer the Pilot Precise V5 (Extra Fine) pens with rolling ball tips. They are accurate and easy to write with. I could literally write for hours with these pens without any hand fatigue whatsoever. They do tend to bleed through pages, but not nearly as bad as most liquid ink pens. You can find a 12 pack of these on Amazon for around 17 dollars and they should last even the heaviest of writers for quite a while.

Creativity Killers. There are so many things that exist in our lives which we allow to drain our creative oceans. Before you can step foot on the path to genuine creativity, you must consider ripping these things from your life and throwing them into the trash (I promise it won't hurt too much).

Television. This is a biggie. According to a 2014 study conducted by NY Daily News, the average American watches approximately 5 hours of television per day. I used to be one of those statistics before I realized how severely T.V. dulled my creative edge. The problem with television is the fact that the content does the thinking for you. When you place yourself in front of that infamous 52 inch monitor, you allow yourself to completely turn your brain off and let loads of irrelevant information inadvertently bypass your creative fortifications. The same can be said about video games. I know we love our Netflix and invest in our sitcoms, but try limiting yourself this week. Make note of how much more clearly you begin thinking within the first couple days.

The Internet. Ah yes, the information goldmine of the 21st century. The unique thing about this form of entertainment is the fact that it isn't 100% destructive to the creative process. In fact, it can be extremely beneficial for finding reference material, reading inspiring work, and finding

others to converse with. A problem begins to arise if you spend your time browsing mindlessly though the trenches of the internet (YouTube, Reddit, Imgur, etc). Instead, consider spending your time searching for things which bolster your creativity. Always remember that the internet is never short of inspiring art, music, and people.

Monotony. Yes, even our personal schedules, as harmless as it may seem, can be detrimental to our great ideas. In order to sharpen your creative edge, you must introduce newness into your life. Instead of coming home from your job and plopping yourself in front of the T.V, go for a drive or read a good book instead. On the weekends, instead of staying in bed all afternoon, get up early and go for an adventurous walk around the neighborhood. When you change up your schedule and begin doing new things, you will also begin thinking new thoughts as well. New thoughts equal new ideas, and that is what we are striving for! Now, let's get down to business.

Making the First Step

You take a quick look around. Maybe you are in your art class, an after school writing group, or a business meeting and you think to yourself, "Wow, these people are *really* creative. How can I possibly match their imaginative drive?" Learning how to open your mind to the seemingly invisible world of creativity can be a somewhat intimidating task. With so many brilliant ideas and beautiful works of art displayed to us on a daily basis, it's easy to just give up and not even try. "Perusing my talents and interests from a creative angle? What's the point when everybody is better than me?"

Here's the point: creativity is an integral part of every person's life. Original and forward-thinking ideas are the foundation of not only our individualism, but of society as well. What would the Disney Company be if Walt decided to put down his pens and pencils? Where would the aviation industry be if the Wright brothers chose to think inside the box rather than outside of it? Answer: probably nonexistent. That is the reason everyone needs to strive for a creative drive. You never know what great ideas are buried deep within your mind if you never try digging them out.

In order to make the first step, you need to first put your shoes on. In this case, your shoes are your initial mindset. Find a place to think, dim the lights a little, and create a very intimate atmosphere to work with. Eliminate distractions like your phone or the television (unless using them for reference material). Depending on your ability to focus, I even advise turning off any music and working in silence. If music tends to boost your creative flow, then by all means keep it in the background; just make sure your thoughts are allowed to breath and clearly speak to you. Don't drown them out with diversions.

Now that you have a comfortable workspace, begin to clear out any mental gunk that's in your head. By this, I mean anything that is irrelevant to the project or task at hand. If you are attempting to work on multiple projects at once, I encourage you to focus your attention on them one at a time. It's easy to become flustered with your ideas when you start multitasking. If you think of another brilliant idea while working on a project, simply make note of it and come back to it at another time.

There is one rule that every aspiring creative thinker must abide by: use the materials you already have available to you. If you are a budding writer, don't tell yourself you need a new computer or fancy journal before starting your project. If your talent lies in drawing or painting, you don't *need* expensive brushes and paints. If you continue waiting for that "perfect moment" to begin your creative process, the time may never come. Eventually you will find yourself months, even years down the road asking yourself why you didn't start sooner. Creativity does not depend on *things*, it depends solely on *actions*.

Now that you have a clear mind and a comfortable workspace, find a pen and a few sheets of paper. Writing is one of the few (and arguable the best) ways to take intangible thoughts and turn them into a visual representation of your ideas. Begin jotting down *anything* that comes to your mind. Also, don't limit yourself to words. It is important to utilize graphs, sketches and diagrams as well; especially if your project is art-related.

It is during this time that you must let your mind wander. Do not keep your ideas contained within the self-erected box of your mind. If a thought begins to speak to you, listen to it intently

and get it written on paper. Remember, you can always scratch out your work later. Remove yourself from "yourself" and allow your logical reasoning to amalgamate with your creative flow. It does not matter how silly, unimaginative, or unoriginal your thoughts may seem at this stage because this is simply the first step on the wild and crazy path of creative thinking.

It is ok to draw inspiration and even straight up copy other ideas at this stage. Brainstorming is not the final product of your creative process, so there is no shame in pseudo-plagiarizing. Just make sure that your copied ideas are eventually stretched far enough to be called your own as you continue onto the next couple steps. *Never,* I repeat, *never* call someone else's work your own, especially if you plan on profiting from your ideas or projects. Not only are there legal ramifications from this action, but there is also nothing creative, forward-thinking, or genuine about stealing other people's work.

Since you are new to the world of creative processes, chances are your ideas will not immediately be fantastic. This is not a bad thing by any means, nor does it dictate anything about your current talents or intelligence. The problem that many people have when trying to develop the next greatest idea or project is that they strive for perfection. There is nothing wrong with wanting exemplary, well-rounded ideas, but if you expect perfection right out of the gate, chances are you will crash and burn. Not because you lack talent or creativity, but because you will never be satisfied with the outcome.

Allowing yourself to make imperfect progress is an integral aspect of creativity because it means you are moving forward with your ideas. Even though they may seem terrible at the beginning, you will still be making progress. More progress renders more content which renders more space to allow yourself to be creative. Have writers block? Just keep writing, even if it reads like garbage. Can't think of a picture to draw? Start sketching even if it's messy. You can always clean it up later.

Never second guess your work. If you continue to crumple up your paper and toss it in the trash because your ideas do not seem good enough to you, you will never get anything done. Stagnation during the creative process is murder for the mind of the creative thinker. Just stick with it until it comes to fruition. Instead of starting over, try working around your initial concerns. Re-work your ideas instead of scrapping them. Not only will you have a starting point available to you, but it will also challenge you to think differently than you normally do. This is a good exercise for working your creative muscle.

Do not use this concept as an excuse to intentionally produce sub-par work. You still must challenge yourself mentally in order to sharpen your creative edge. Push your limits and break your boundaries. Don't expect perfection, but don't settle for mediocrity either.

If you find that your ideas truly are derailing from your initial goal, then take a break. Let your mind settle and come back them at a different time. One of the worst things you can do is begin stressing out over a project. Creativity should never feel rushed or burdensome. Remember, Rome was not built in a day and neither are great ideas. They take time and effort to develop, and it is important to understand that before overwhelming yourself.

All in all, just keep moving forward and continue getting any and all of your ideas written down. It is easier to find a spark of creativity when faced with one-hundred bad ideas than waiting for that one perfect idea. All ideas hold *some* degree of perfection, it just depends on how you decide to shape them. Never should an idea give connotations of failure, only progress. Erich Fromm, a renowned German social psychologist once stated, "Creativity requires the courage to let go of certainties." So be courageous, even though perceived failure. Even if you

are *certain* that your ideas suck, continue working through them. Let go, and see what magic is hidden behind them.

Development

Now that you've finished the brainstorming process, it's time to narrow down your ideas. Run through your paper which is full of words and scribbles and highlight the top *three* things that you like the most. Picking out ideas that you genuinely appreciate will make the process of development much more fun and less job-like. Now that you have done that, write the remaining thoughts on a second sheet of paper and highlight the *next* three ideas you like the most. Compare these six ideas you've highlighted and decide on which one(s) you would like to develop.

Never throw away your brainstorming sheets. Always keep them saved in a folder and refer back to them every once in a while. That idea you thought was absolutely horrible the first time you wrote it down? If you come back to it at a different time you may find that it was actually brilliant, which can give you a starting point for your next big project.

Now that you have decided on a single idea, it's time to grab a few more pieces of paper. With a new sheet, write your idea at the top and underline it. What you have underlined is essentially your "baby" and now you must begin feeding it so it can develop into a mature, intelligent idea. In order to do that, you simply begin writing again- this time with things that actually pertain to your "baby." Take that initial idea and stretch it as far as you can. Add onto it with embellishment, make it pop, and make it even more unique than it was before.

Essentially what we are doing at this stage is brainstorming (just like last time), but with more of a definite focus. Begin organizing your ideas and introduce a bit more logic and neatness to your paper. Build, build, build until you've exhausted all of your mental material. Stretch, stretch, stretch, until it *breaks*- not in the literal sense, but in the sense that you've busted out of your conventional thought process.

Once you've over-built your initial idea, it's time to begin narrowing it down. Cut off any residual embellishment which may not directly pertain to (or contribute to) your project. It's important not to cut off so much that you lose your creative edge. The end goal is not modesty, but rather boisterousness; loud and in-your-face. Creativity is rarely tame and in control.

Remember to stick with it. Do not give up on your idea mid-development, because starting over can eventually become a hard-wired habit. I learned this the hard way when I started writing my first novel. I wrote a rough draft, began finalizing it, and half way through I decided to scrap the entire thing. One year later I was back at square one with no starting point or reference material. (That book never got written.) *Always* finish your work.

It is easy to become overwhelmed at this stage as well, so it is important to let your ideas breath. Give them both space and time to grow. Remember to be organized. The organizational aspect is incredibly important, especially if you find yourself writing massive amounts of information. Keep it neat, keep it tidy, but let it flow. Don't put limitations on the development of your ideas.

If you find yourself coming up with new ideas during the development process, be sure to write them down on a separate sheet of paper. Don't *ever* ignore new ideas. You never know what they might render in the future.

If your initial inspiration begins fading, don't force yourself to become inspired. Creativity is not something that should not be feigned. Take a break instead. Step outside, chat with one of

your colleagues, listen to some music, read some poetry, etc. Draw inspiration from outside sources and then begin developing your ideas again. I've found that inspiration is like food; sure, you can settle for a cheap, fast, greasy substitute in order to get back to your work quicker, but the reward for waiting for a professionally prepared meal is so much more worth it. In other words: allow inspiration to come slowly, and then when it hits you take no time to devour it! Vincent Van Gogh, arguably one of the most brilliant minds to ever grace the earth once stated, "Great things are not done by impulse, but by a series of small things brought together."

"How do I know when my ideas are fully developed?" My answer to you is this: until you are satisfied with the final result; however, don't be unsatisfied if your idea isn't perfect. Again, your final product will never be fully, 100% perfect to you. Your idea is fully developed when it has definite structure and originality. If you continue to strive for more, sometimes your ideas can get convoluted and evolve into something that you don't want it to be. Stay loud, stay boisterous, but don't destroy your work by overthinking it. Here is an example- when I was younger I used to draw a lot. There was one week in particular when I started painting a landscape and it was turning out to be one of the best pieces I had ever made. Even though I personally thought it was awesome, I felt that the foreground needed to be spruced up a little more. One hour later I had completely ruined a perfectly good piece of art which was fine to begin with. Words of wisdom: stop while you are ahead.

Repetition, repetition, repetition. This is one of the best ways to develop your creative talent itself. The more you brainstorm and the more you get your ideas written down, the sharper your creative edge will be. Just like exercising, in order to build a beautiful physique, you have to work out every day. Don't skip a single day of being creative, because every day skipped is a wasted opportunity to build that perfect, beautiful mind of yours. Keep going. Fill at least a page of your journal every single day. You have the time. Don't make excuses.

Feedback and Criticism

This is one of those things which can be extremely detrimental to the creativity process if you choose to ignore it. Having others review and comment on your work is one of the final stepping stones for having your ideas come to complete fruition. When we choose not to accept other people's opinions on our work, not only does it give us room to overlook major errors, but it can also open the door for bad mental habits.

When it comes to finding someone to give you constructive criticism, be open to all types of people. For example, if you are an artist you may find yourself seeking out other artists for their opinions on your work, but it is actually beneficial to utilize everyone's feedback. If you show your project to a writer or a musician, they may see your work differently. Different perspectives are what you should strive for. Also, avoid asking only friends and family for criticisms. In my experience, their comments are all the same- "Yeah, I like it" or "Sure, it's fine." Unless I pried for better comments, people I personally knew weren't too much of a help to me. By no means do I believe it's intentional, but I think our loved ones fear accidentally offending us by being honest.

Always take feedback with a grain of salt. Just because someone insists something should be changed doesn't mean it absolutely has to be. If the general consensus says that your brushstrokes are too broad or your storyline isn't consistent, then by all means consider fixing it; but if someone says "I think you should add this and take away that", don't immediately start altering your work. The point of feedback isn't to let others dictate the direction of your ideas.

I consider criticism beneficial because it is essentially the rawest form of communication. When others state their opinions about your work, it gives you an opportunity to refute them and create a friendly argument as to why you should or shouldn't do something. This can build your repertoire of good and bad ideas. If someone points out a flaw in your work, it can prevent you from doing the same thing in the future. If you begin creating work without the feedback of others, there is a chance you will continue doing deleterious things over and over again without even realizing it.

Criticism can also improve your overall work ethic. If you plan on putting your ideas on a stage for all the word to see, it will prevent you from cutting corners and will motivate you to produce extravagant work. The last thing we want to hear from another person is "Wow, *that* was a terrible idea." This gives us the drive to work harder for more well-rounded results.

The ultimate goal for acquiring feedback is to improve our ideas. It tells us what is good and what can become better. When we allow others to critique our work, it carries over to the next project of ours like a domino effect. The more we build our resume of critiques the better our overall output will be.

Learn how to differentiate between constructive and destructive criticism. This is important because destructive criticism holds no value when it comes to bettering your ideas. It is best not even to listen to those who say things like "It isn't good enough." If they don't put in the effort to explain *why*, then they clearly aren't in the position to tell you anything in the first place. If someone is adamant about something that needs to be changed and they state their case, then devote some time to them and keep your ears open to their thoughts.

Never find offence in constructive criticism. Opinions are valuable, and if you decide to shoot them down just because you disagree with them, then you are doing yourself a disservice. As I said before, you can always refute opinions with friendly, creativity-driven arguments.

Integration and Application

Now that we have established how to create ideas, develop them, and gain valuable feedback, let's focus on applying these newly learned concepts to your day-to-day life. It is important to integrate different aspects of creativity throughout your every-day routine because it can contribute greatly to your "outside-the-box" personality. Here are a few simple exercises you can practice during your day to continually bolster your creativity.

Keep an open mind. It is so easy to become withdrawn into our own opinions and shut out the valuable words and beliefs of others around us. When you become complacent in the realm of your own mind, you begin losing the ability to think from different perspectives. Possessing only a single perspective (your own) can be detrimental to your creativity because it limits you to only one way of thinking. One road. One path. In order to explore the world to its fullest potential and soak up as much inspiration as possible, you must open your mind to the unfamiliar and dip your big toe in the lake of discomfort.

One of the most important steps to allowing your mind to become ajar is simply paying attention. Keep note of the way different people around you live, how they dress, how they talk, what they say (the definite meaning of their words), etc. Don't ever ignore someone's opinions just because you disagree with them. Instead, put yourself in their shoes, look at the world through their eyes, and then compare their opinions to your own. Also, never be judgmental. I would argue that judgment, especially the face-value kind, is antonymous to open-mindedness.

Exposing yourself to other cultures is quite possibly one of the best ways to develop an open mind. This is because most cultures differ extremely when it comes to religion, politics, economics, art, and general ways of living. Traveling, and even living in different countries is the best way to assimilate yourself into the melting pot of different opinions and beliefs of others, but if you can't afford to do so, don't fret! Instead, utilize the internet and watch documentaries to learn about other cultures.

I also highly suggest taking an Anthropology class. Anthropology, as defined by aaanet.org, is "the study of humans, past and present. To understand the full sweep and complexity of cultures across all of human history, anthropology draws and builds upon knowledge from the social and biological sciences as well as the humanities and physical sciences." In my experience, my Anthropology class provided a huge insight to the lives of others across the globe and gave me a multitude of different perspectives for my creativity to latch onto.

Try new things. Opening your mind equates to broadening your experiences as well. Sometimes we must do things which we initially deem uncomfortable in order for our creativity to blossom. For example, I've always loved writing, but I preferred to keep my work to myself. When I decided to publish my books Amazon, not only did my writing become more open and honest, but I also had to learn formatting and marketing strategies as well. Instead of waking up every day and asking myself, "What am I going to write about?" I also had to ask, "How am I going to spread the word about my new books?" When I opened my mind to the intimidating world of self-publishing, it actually contributed greatly to the content of my work itself! All of these things work in conjunction with one another.

Interpret everything. Every single day, no matter where we go or what we are doing, we are constantly exposed to artwork, music, situations, and people; all of which can be studied, deduced, and interpreted for some sort of intrinsic, abstract meaning. All of these things, when presented to you, are opportunities to sharpen your creative edge. Don't pass them up! If you're sitting in your favorite coffee shop and an interesting looking person walks through the door, create a fictional backstory of their life based off of their features. If you walk into a store which has a piece of eye-catching artwork on the wall or an unfamiliar song playing in the background, spend a moment analyzing its composition- let it plant a seed in your mind and nurture it until it blossoms into a plethora of new ideas.

The more we attempt to find meaning in the things around us, the easier it is to find meaning in our own thoughts. If you practice this on a daily basis, you are much more likely to develop your ideas on a quicker and larger scale. Remember to do this constantly. Keep all of your senses at attention as soon as your morning begins. Eyes open, ears alert. Breathe in the artistic perfume that is incessantly wafting in the air around you.

Daydream. We have all seen theatrical representations of this in various movies. A high-school student sits unwillingly at his desk as his mathematics teacher rambles incoherent jargon to a roomful of teenagers. Suddenly the edges of the screen become soft, a hazy harp tune is played in the background, and that same student is inwardly transported to a tropical beach, surrounded by crashing waves and beautiful women. I think we can all relate to this, but the unfortunate truth is the fact that daydreaming is often demonized in our society. It's given the connotation of laziness and inability to focus. I wholeheartedly disagree with these connotations and believe that daydreaming can actually be a catalyst for information processing, and has the ability to spur on new and original ideas.

When we daydream, not only are we taken to a place of unfamiliarity, but we also allow our mind to relax and organize information that has been fed to us throughout the course of the day. See, we can't always be firing on all of our mental cylinders 24/7. When we start becoming stressed, unorganized, or unproductive (e.g. writers block) it can actually be beneficial to just let yourself zone out and allow your brain subconsciously clean your filing cabinet. When you snap back to reality, you will actually find yourself more focused and able to complete whatever tasks are at hand. Because of this, you will be able to produce more content; and as I said before, more content equals more surface area for great ideas to latch onto. Don't fear daydreaming, but be sure not to let your mind wander at an inappropriate time (like during a lecture or while driving).

Interact. Yes, with everything. The more we interact with people and environments, the tastier our creative juices will be. If you integrate interaction to every facet of your life, you will begin to see your thoughts overflow into your work. It's simple. It's effective.

If you really focus on applying all of these things to your daily routine, you will quickly realize just how affective they are. Keep all of these things written down and be sure to apply them whenever an opportunity arises. Undoubtedly, you will become a creative genius is a matter of months!

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I hope this book was beneficial to you! If you enjoyed it, be sure to rate and comment. Not only do your comments give me the motivation to continue writing, but they also make it possible for others to find this book in the future.

If you have any personal questions or comments, be sure to E-mail me at jayanthonywriting@gmail.com. I love interacting with my readers and I appreciate all types of feedback. Also, if you are having trouble finding someone to bounce ideas off of, feel free to shoot me a message. I'd love to hear your story, listen to your thoughts, or have a conversation!

Thank you for reading!