



4 A.M. Breakthrough: Unconventional Writing Exercises That Transform Your Fiction

Brian Kiteley

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Realize All That Is Possible in Your Fiction

Writers have long turned to exercises for help with beginning—be it a new piece of fiction, a daily routine, or a serious writing life. Behind the theory of exercises is an attitude of curiosity and expectancy, a desire to ask questions of yourself and of the world, to boldly—or not so boldly—stick a toe into the waters of something fresh, provocative, and exhilarating. To create fiction on the verge.

In *The 4 A.M. Breakthrough*, companion to *The 3 A.M. Epiphany*, award-winning author and professor **Brian Kiteley** presents you with another 200 stimulating exercises, designed to help you expand your understanding of the problems and processes of more complex, satisfying fiction and to challenge you to produce works of which you never thought yourself capable.

You'll learn how to:

- Train your writing instincts, so creation becomes a more organic, automatic process
- Tackle challenging concepts and themes, such as Language Games, The Mind, Money & Class, and History, laying a foundation for larger, more significant writing projects
- Make your writing process more fun and experimental, so you'll approach your fiction in the spirit of discovery, rather than with anxiety

Open the book. Choose an exercise. Surprise yourself.

Anything can happen—even at 4 a.m.

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Jennifer Mitchell:

Spent a free time for you to be fun activity to complete! A lot of people spent their down time with their family, or their own friends. Usually they carrying out activity like watching television, about to beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Do you wish to something different to fill your own free time/ holiday? May be reading a book might be option to fill your totally free time/ holiday. The first thing that you'll ask may be what kinds of guide that you should read. If you want to try look for book, may be the guide untitled 4 A.M. Breakthrough: Unconventional Writing Exercises That Transform Your Fiction can be fine book to read. May be it is usually best activity to you.

Joan Naylor:

Playing with family in a very park, coming to see the water world or hanging out with friends is thing that usually you might have done when you have spare time, and then why you don't try factor that really opposite from that. 1 activity that make you not experience tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of information. Even you love 4 A.M. Breakthrough: Unconventional Writing Exercises That Transform Your Fiction, you are able to enjoy both. It is excellent combination right, you still want to miss it? What kind of hang-out type is it? Oh seriously its mind hangout men. What? Still don't get it, oh come on its referred to as reading friends.

Angel Martinez:

Many people spending their time period by playing outside having friends, fun activity with family or just watching TV the whole day. You can have new activity to spend your whole day by studying a book. Ugh, think reading a book can actually hard because you have to use the book everywhere? It ok you can have the e-book, having everywhere you want in your Cell phone. Like 4 A.M. Breakthrough: Unconventional Writing Exercises That Transform Your Fiction which is having the e-book version. So , try out this book? Let's see.

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