## Contents

Preface: The House of Writing ix

Introduction: Building the BASE 1

Part One BEHAVIORAL HABITS 11

1. Finding Time to Write 17

2. The Power of Place 30

3. Rhythms and Rituals 42

Part Two ARTISANAL HABITS 57

Learning to Write 63
The Craft of Writing 78
The Other Tongue 90

Part Three SOCIAL HABITS 103

7. Writing for Others 109
8. Writing with Others 123
9. Writing among Others 135

Part Four EMOTIONAL HABITS 147

The Pleasure Principle 153
Risk and Resilience 169
Metaphors to Write By 180

Conclusion: Raising the Roof 195 Afterword: Beyond the House of Writing 203

Appendix 209 Notes 221 Bibliography 239 Acknowledgments 257 Index 261