

# How to Write a Book Without Losing Your Mind

August 10, 2018

A few months ago, I promised some nice people in New York that I would, sometime very soon, write a book.

Since then, I have:

Called my mom rejoicing.

Called my mom crying.

Considered changing my Twitter bio, then thought better of it.

Considered emailing all my ex-boyfriends and mentors to let them know I'm an impostor, then thought better of it.

Extensively researched three different long-form writing softwares, only to find that I prefer the first one I ever tried.

Researched and bought several different types of special German pens, only to find that I prefer good old Paper Mates.

Now just one task remains: Write the thing.

To that end, I recently consulted with some productivity experts to figure out how it is that people—such as, hopefully, myself—are able to accomplish big, long-term projects, within the time allotted, and ideally with minimal psychiatric help.