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A Screw Loose



by Liz Holzemer

Red, Red Rivers

As a writer, I have my good writing days; my bad writing days. Sometimes they're up; down. Hopeful; hopeless. Inspired; uninspired. When I'm not wracking my brain for the next what I think is a killer no-one-has-ever-approached-this-angle to pitch, I'm nose deep in *Writer's Digest* absorbing the latest tips and techniques on how to improve my writing, while contemplating the proffered suggestions on when is the ideal time to write.

Some say you need a daily schedule you can commit to like before daybreak when the kids are still asleep. I think not, I'd rather sleep. Others say—lock yourself in your home office at the end of the day and burn the midnight oil. Again, I prefer sleep. And besides, who has

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a spark of creativity when kids and the daily minutiae of life have sucked the writer life force out of you? Not me. There are pros and cons for each.

I have my own theory, which I share with my apologies to the male columnists here. Sorry, but as much as you may want to try, you can't participate on this one!

It took months and months to figure it out, but long after I finished nursing my second child, I noticed a pattern after Aunt Flo (and yes, I really do have an Aunt Flo), had returned. Ladies, I share with you the secret art of when to gauge your best writing period, period. Follow the flow with me, so to speak.

Note: This follows a 28-day cycle; kindly allow adjustments for those of you on a shorter or longer cycle. And my deepest apologies to those with no cycle. I intentionally start mid-cycle for soon-to-be understood reasons.

Literary Genius Phase previously known as the Luteal Phase—Day 15-28

Thoughts of literal genius ruminate and begin to take hold. Your only wish is to fertilize them and hope they are penetrated by the next germinating thought. Each month, you desperately wish to find a publication that will adopt your ideas and bring them home. Literal High (LH) and Frickin' So Hoping (FSH) this-is-the-month-your-next-batch-of-articles-are-picked-up hormones intoxicate you with visions of byline grandeur. Days later, you swell with ideas and despite killer rejections; you feel your painstaking patience will pay off. And it finally does...

Fringe of Genius Phase previously known as the Follicular Phase— Day 1-14.

The floodgates swing open and streams of sold stories flow past rivers of rejection. You thickly saturate every market you never thought possible before. But days later, you are flat out with delirium and exhaustion. You spend the next few days plotting your next targets. During the peak of the on the Fringe of Genius Phase, you're on the brink of a writing high. Where previously you ovulated and experienced a surge of hormones foolishly driving you to jump your partner's bones, your fingers are now performing a ritualistic dance with your keyboard. They can't move quickly enough to produce your next masterpiece You're intoxicated, building, building to the crescendo, but before you do, you hit a

*Bad Hair Day

*Mommy
Hullabaloo

*Dirty Laundry

*The Morrison Boys

*Side Dish

*Comments From
The Carpool

*The Foggiest Idea

*Home Away
From Home

*Small Town Soup

*Mommy - Daddy
Dance

*From The Frontline

*Life At 40

*Livin' In My Head

*Sigh, Moan &
Garfbuckle

*Don't Get Me Started

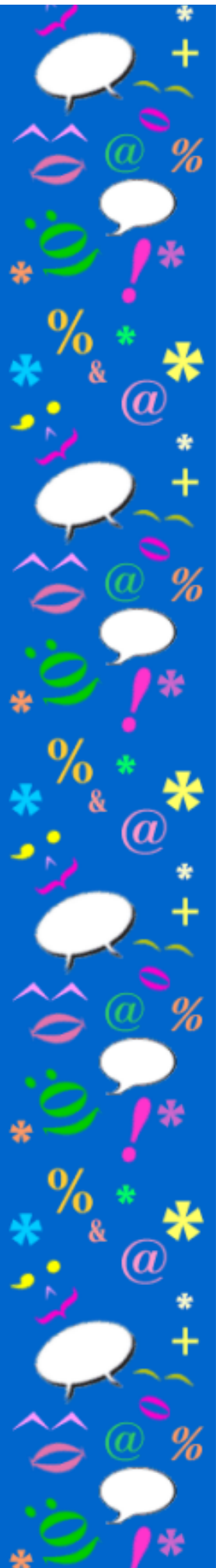
*Dad Libs

*Lady Of The House

*Blissfully Numb

*Mommy Chronicles

*Domestic Engineering



wall of resistance. Fatigue settles in joined by chocolate and potato chip cravings taking a hold of you. Your piece de résistance work is put on hold. The mounting build up competes with any thought or idea you wish to commit to paper or computer screen. It's absolutely hopeless.

Trust me ladies, follow this flow and your next red, red rivers of creativity will have someone sold! Gotta write as I feel an idea germinating.

Liz Holzemer is the founder of Meningioma Mommas.org , an online support group she founded after surviving a baseball-sized meningioma brain tumor. She is a freelance writer, LizHolzemer.com and is currently looking for a permanent home and cushy advance for her book; I Have a What in My Head?! Liz is a 2004 Woman's Day "Women Who Inspire Us" recipient. She lives in Colorado with her husband and their two miracle children. Liz also maintains her sense of humor on a daily basis and can be reached at lizholzemer@comcast.net if you have a plum writing assignment to offer her.



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