

## My Experience Writing A Non-Fiction Book For Kindle, Part 2

by matheaford - Wednesday, November 14, 2012

<http://www.reviewsbymathea.com/my-experience-writing-a-non-fiction-book-for-kindle-part-2/>

So, I asked myself - what am I going to do to get unstuck? How am I going to get the book done?

I looked up and I have this blog post from Seth Godin that is on my home office wall that says "Talker's Block" - to quote a bit "No one ever gets talker's block. No one wakes up in the morning, discovers he has nothing to say and sits quietly, for days or weeks, until the muse hits, until the moment is right, until all the craziness in his life has died down" Sum it up - just write, even if it's done badly. You will get better.

I started doing research. As a dietitian, I am used to reading published studies and research in scientific journals, so that is where I started. I have a public library that allows us to search and have access to the major scientific databases. So I just started searching for the research on kidney disease that had been done in the past 10 years.

I killed a lot of trees that day - I printed out 45 studies. You may think that I could have saved them on my computer but I had plans for highlights and other things. I had to have a physical copy! I printed research on how doctors diagnosed kidney disease, what labs were done, what medications people take, how to prevent chronic kidney disease, even how you feel emotionally while you are dealing with a chronic illness. I read them all and highlighted them.

And now I had my mind map, my research, and I even hired a fiverr.com gig for someone to look up the top questions people ask about my topic. You may think it's strange, but it was a good report that I received back and it helped me to find my direction.

So I stopped writing and started categorizing. I took my main topics and wrote them out on pieces of paper. Then I went through my articles, and numbered them. Why, you ask? I numbered them so I had a system to easily find them.

At this point I am down to 34 articles and I start to read each one again, only this time - every time I find a topic I know is valuable - I find the matching topic paper and write down the article number, page number and what the information was that I wanted to add to the book. So, as you can imagine, I had quite a stack of papers. One stack of research numbered one through 34, and another stack of topics. But it really helped me focus on what to write about and find the main themes in the research that I had printed. **This is the key that allowed me to write the book.** I can assure you I would have been hard pressed to convey as much information as I did without it. Once that was done, I had my information ready to start writing.

You are writing for doctors, you ask? Is that why you are looking at research?

*Nope, I am writing for my customers, who are older people who have kidney disease stages 1-4 and their care givers. I wanted to create a resource for them.*

And I did manage to, as you can see on my blog: <http://www.renaldiethq.com/living-wi...my-first-book/>

But the challenge was to create a book that is easy to read by my customers using the latest information from research studies! Trust me, it's not as easy as it looks. How would you do that? How would you make sure that your customers can understand and find value in the book that you wrote on a technical subject?

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