

# MY BOOK THERAPY

## Deep Thinker's Retreat 2015

### Tentative Retreat Summary

Plan to arrive on THURSDAY night, February 19<sup>th</sup>. We'll start bright and early on Friday morning by doing a story structure checkup. Do you have all pieces in place? Have you thought through your essential characterization questions? We'll spend the day making sure you have all the key elements of the story in place before we start adding layers.

In the afternoon, we'll meet with every participant to help them smooth out their plot, making sure all the foundational pieces are in place to move forward on the journey.

Saturday morning we'll dive into an overview of ACT 2 – the rhythm, flow and journey of your character's change. We'll be looking at both the external journey and the internal journey, layering it piece by piece through exercises and workshop/small group brainstorming to bring you deeper and create that powerful Act 2.

Saturday, we'll also look at the elusive THEME and Metaphor concept that should embed both story and scenes of your novel. This revolutionary class will help you see the deeper elements of your novel, and build Act 2 scenes that enhance (but don't overwhelm) your story.

Sunday morning, we'll begin working on Emotional Layering, working through several techniques to deliver the right motivation and emotion so you learn to truly connect with your characters – and thus, your characters to your reader. With writing time, you'll layer those emotions into a scene you'll begin to construct.

On Monday, we'll expand our emotional layering repertoire by diving into dialogue – the fuel of every great scene. With Dialogue overhaul tips and tricks, you'll be creating powerful moments in your scenes. Monday afternoon we'll build on our dialogue by talking backstory and flashbacks and how to build them (or not!) into your scene.

Tuesday is SCENE day. We'll start with a list of essential scenes you must have in every novel. Then, we'll go step-by-step into scene construction, helping you build a powerful scene. Adding in those lessons in Emotion and Dialogue, writers will work with their coach to set up and begin writing a powerful scene.

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We'll end with a lesson on subplots and layers, and how to add them into your story without slowing down the plot. We'll end the day by giving you time to work on your scenes and hone them with your coach.

The final evening will be a game plan for you to continue your deep thinking work on your story. You will walk away armed with everything you need to finish your novel and make it shine in the market.

A week of intensive writing — beside the ocean! — designed to help you submerge yourself in your story. You will leave encouraged and empowered to create the story of your heart.