

The most effective way I know to improve your writing is to do freewriting exercises regularly. They are sometimes called "automatic writing," "babbling," or "jabbering" exercises. Go quickly without rushing. At least three times a week. The idea is simply to write for ten minutes (later on, perhaps fifteen or twenty). Don't stop for anything. Never stop to look back, to cross something out, to wonder how to spell something, to wonder what word or thought to use, or to think about what you are doing.