

## **Interview with Gayla Wick**

### **How did you get started writing your book? Or what inspired your book?**

I once thought true love or finding the love of your life was pure mythology – then it happened to me. The experience was so extraordinary I wanted to share it, but thought it might be only my story. I decided to find out. After a year of interviewing only women who have the partners of their dreams I knew I had to share the secrets of how it really happens. At first the idea of writing a book was intimidating as I looked at all the relationship books written by PhD's, psychologists and celebrities. Then one day, I realized that women want to hear from a real woman just like themselves and from dozens of other women who also have phenomenally happy relationships; ones who have what they are seeking.

### **What was the hardest part about completing your book?**

Knowing when to stop editing your work was one of the lessons I had to learn along with knowing when to stop writing. It's often tempting to force oneself to write in less than ideal circumstances, especially if you're under a publisher's deadline, but I found that writing when I was tired or late at night was unproductive at best. The next morning I would read what I'd written the night before and wonder just who had written "this stuff" and throw it away. Every writer has their own writing routine and environment that works best for them. Discovering this and sticking with it will save time and your confidence as a writer.

### **Did you learn any lessons in the book creation process, if so what were they?**

Any first time author has so much to learn, it can be overwhelming at times. The learning curve was steep, but so much fun. Having professionals working with you all the way is critical, especially the right professional editor for your book genre. No matter how adept your writing skills you become much too close to your own work not to need a fabulous editor. It's well worth the money.

### **Did you enlist support in getting your book done? If so, what kind of support?**

My husband was my number one supporter and first draft editor. Without his belief in the project and in my writing ability the book would never have been finished and may never have been really started beyond that first few pages. I think some of my closest family members thought my becoming a published author was a passing fantasy. Now that it's real and in print, everyone's enthusiastically on board.

### **What tips or advice do you have for aspiring authors?**

Working with editors, graphic artists, publishers, etc., can be time consuming and somewhat daunting when all you really want is to focus on is the writing itself. My advice is to take one step at a time and always stand up for yourself and the vision of your book. Remember it is your book and you want to take advice from professionals seriously, but you don't have to accept edits that aren't your voice or message or any other changes you know don't fit for you.

### **If you had to do your book all over again, would you? Elaborate. (Share why it's been great, what it's done for you, etc.)**

Writing the book and having it published has been one of the best experiences and highlights of my life. I never dreamed of being an author, but now that I am the message of hope and a clearly defined process for connecting with the love of your life can be received, learned and followed by anyone with access to the book. I am continually surprised and deeply gratified when readers tell me how much my book has changed their lives. I would absolutely do it again.

### **Are you writing or planning to write an additional book(s)?**

Recently I wrote a companion workbook that has been published. The workbook outlines the step by step process in a way that allows the reader to focus on one piece at a time to reduce chances of being

overwhelmed with these new ideas. There are several exercises included that focus the work very quickly, effectively positioning the reader for success in a short period of time.

Also, my husband and I are in the developmental stages of writing a book together with a working title of: Now That You've Found the Love of Your Life, What Do You Do With Them? This book will contain real world advice from deeply satisfying happy marriages; how they began, how the couples have remained best friends, satisfied lovers and how they've navigated any bumps in the road along the way.

**What else would you like to share about you or your book?**

My passion is helping others connect with the love of their life without the struggle and angst. Anyone interested in being coached through this process can contact me for more information on becoming a coaching client.

I developed the workbook primarily for my coaching clients, and it is also available for use individually as well. My new class: Find the Love of Your Life: Best Kept Secrets of Satisfied Women will be available for registration in the spring catalog of Colorado Free University.

**How can people find out more about your book?**

To read more about The Character of True Intimacy: Finding the Love of Your Life go to [www.GaylaWick.com](http://www.GaylaWick.com). There you can read the book's Introduction, see a daily quote from the Relationship Realities Chapter and purchase an autographed copy. Quotes and words of advice rotate daily. The book is also available at Tattered Cover and Amazon.com.